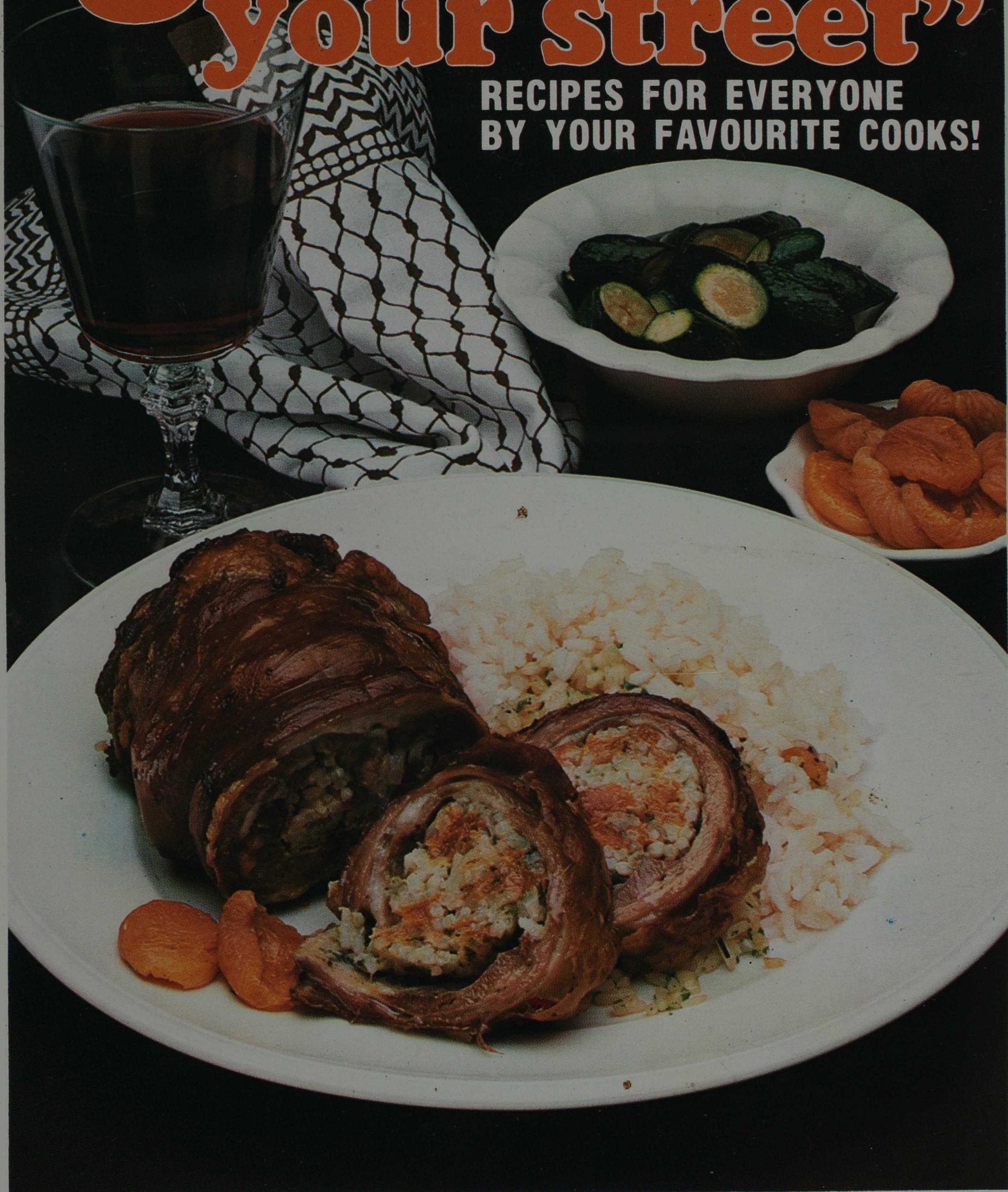


"Just up your street"



RECIPES FOR EVERYONE
BY YOUR FAVOURITE COOKS!



TASTIC

COOKS PERFECTLY EVERYTIME.



בנות ציון

BNOTH ZION ASSOCIATION

It is with great pleasure that the Bnoth Zion Association presents Just Up Your Street. We trust that our tried and tested recipes will flavour and season even the most jaded palates of those who purchase this book!

This project of our nine Aviv branches will benefit Neve Amiel, a Youth Aliyah Kibbutz in the Jezreel Valley. Neve Amiel provides vocational training for Israeli teenagers as well as young Ethiopian immigrants and amongst the courses provided is one to train chefs whose skills are much sought after.

Our sincere thanks go to the contributors of the recipes, our conveners Shifra Jowell and Dianne Jocum and to our sponsors the Checkers Organisation. In particular we are grateful to Mrs Anne Fainstein, the Public Relations Officer of Checkers Sea Point, for her assistance with the publication.



BERTHA WIDAN
CHAIRMAN
BNOTH ZION ASSOCIATION

INTRODUCTION Clive
FROM
CLIVE WEIL
MANAGING DIRECTOR OF



Dear Friends,

It's a New Year and a time of hope for peace, friendship and giving.

Checkers and the good ladies of the Bnoth Zion have combined their expertise and efforts to produce a cookbook of tried, tested and favourite year round recipes, and there is something for everyone so you will want to keep this book for a long, long time. It will also make an ideal gift.

We hope you'll have fun cooking and wish you all every success with your gallant fund raising efforts.

Clive Weil



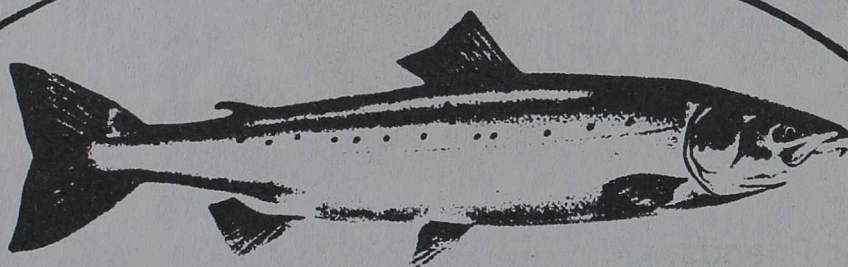
King Solomon

EUROPEAN STYLE • SLICED

Smoked Salmon

King Solomon Smoked Salmon
contains only natural ingredients.
No colorings or artificial preservatives
have been added.

85g



King Solomon

MOVE UPSTREAM TO
GOOD TASTE

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Conversion Tables

grams	ozs	°C	°F	ml	cups
30	1	100	200	60	$\frac{1}{4}$
60	2	120	250	80	
90	3	140	275	125	$\frac{1}{2}$
125	4	160	325	200	$\frac{3}{4}$
150	5	180	350	250	1
180	6	200	400	375	$1\frac{1}{2}$
210	7	220	425	500	2
250	8	240	475	625	$2\frac{1}{2}$
280	9	260	500	750	3
310	10	280	550	875	$3\frac{1}{2}$
340	11			1000	4
370	12			1125	$4\frac{1}{2}$
400	13			1250	5
430	14			1375	$5\frac{1}{2}$
460	15			1500	6
500	16				

Boiling point 100 degrees Centigrade
Boiling point 212 degrees Fahrenheit

Mass & Liquid

$\frac{1}{4}$ pint = 125 ml	1 quart = 1 litre
$\frac{1}{2}$ pint = 250 ml	1 teaspoon = 5 ml
$\frac{3}{4}$ pint = 375 ml	2 teaspoons = 10 ml
1 pint = 500 ml	1 tablespoon = 12,5 ml

2 level tablespoons sugar	= 30 g
1 level tablespoon fat	= 30 g
3 level tablespoons flour	= 30 g
2 level tablespoons oil	= 30 g
2 level tablespoons salt	= 30 g
1 cup butter	= 198 g
1 cup flour	= 110 g
1 cup breadcrumbs	= 113 g



Snappy Starters & Snacks

COLD BEETROOT SOUP

1 jar (405 g) beet salad — use jar as a measure
1 jar milk
 $\frac{3}{4}$ jar water
1 tablespoon sugar

250 ml cream
1 egg yolk
juice of $\frac{1}{2}$ lemon

Liquidize all ingredients, adding them one at a time in given order. Serve very cold in tall glasses.

Sheila Wagenheim

SALMON SOUP

3 tablespoons butter
3 tablespoons flour
1 cup milk
3-4 teaspoons Telma Golden Stock
 $1\frac{1}{2}$ cups boiling water
 $1\frac{1}{2}$ cups milk
2 onions, chopped
butter (or oil)

2 tins salmon
1 tin tomato soup
250 ml cream
1 tablespoon chopped parsley
1 dessertspoon sherry
1 teaspoon Worcester sauce
dash tobasco
chopped chives

Make about 2 cups white sauce with butter, flour and cup milk. Dissolve stock powder in boiling water. Add stock and extra milk. Saute onions in butter. Blend onions, white sauce, salmon and tomato soup. Slowly mix in cream, parsley and flavour with sherry, Worcester sauce. Adjust seasoning. Chill and serve with chopped chives.

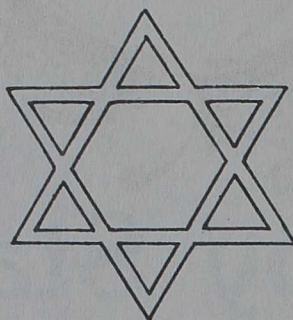
Trude Wolff

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PATTON AGENCIES

TABLE BAY CENTRE, TEL 50 1388

Snappy Starters & Snacks

CHILLED CARROT & ORANGE SOUP

- | | |
|-------------------------------|-----------------------------------|
| 2 cups stock | 1 cup fresh orange juice |
| 2 cups grated carrots | 1/2 cup cream |
| 1 teaspoon orange rind | 2 tablespoons chopped, fresh mint |
| 1/2 teaspoon ground coriander | salt, pepper |

Boil stock, carrots, rind and coriander for 15 minutes. Liquidise. Add orange juice, cream, mint, salt and pepper. Chill until needed. Can be served hot or cold. Garnish with a little cream and a mint leaf.

Jill Rabie

CHILLED CUCUMBER AND LEEK SOUP

- | | |
|---|--------------------------|
| 2 medium cucumbers, peeled and thickly sliced | 2 tablespoons flour |
| 2 medium leeks, chopped | salt and pepper to taste |
| 4 cups stock | 1/2 cup cream |
| 2 tablespoons butter | |

Simmer cucumber, leeks and stock for about 25 minutes or until vegetables are tender. Drain and puree vegetables, including butter, flour and a little stock to make blending easier. Strain and return puree to saucepan. Simmer over low heat for 3 to 4 mins. until soup thickens. Remove, add salt and pepper to taste. Cool soup before adding cream. Serve chilled with chopped chives as garnish.

Hazel Goodman

HOT BROCCOLI SOUP

- | | |
|------------------------|----------------------|
| 500 g broccoli | salt, pepper, nutmeg |
| 3 cups boiled water | 500 ml milk |
| 1 large onion, sliced | 2 tablespoons flour |
| 1 vegetable stock cube | extra cream |
| 2 tablespoons butter | |

Cook broccoli and onion in boiled water in which stock cube has been melted. Drain and reserve liquid. Liquidise broccoli and onions and set aside. Make white sauce with butter, flour and reserved liquid and milk. (Add more liquid if desired). Stir in pureed broccoli and cream (optional) and heat well to serve. This may also be made parev, substituting Cardin for butter and Orley Whip for milk and cream.

Shifra Jowell



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Snappy Starters & Snacks

DIET VEGETABLE SOUP DELIGHT

- | | |
|-------------------|----------------------------|
| 1 brinjal | 1 can tomatoes |
| 1 bunch leeks | 1 can green beans |
| 3 large parsnips | 3 - 5 radishes |
| 1/4 cabbage | 1 bunch spinach |
| 1 bunch celery | 1 packet fresh mushrooms |
| 1 green pepper | 3 chicken and 2 beef cubes |
| 1/2 bunch parsley | salt and pepper |

Boil water and add chopped vegetables. Add cubes, season to taste and boil for about 2 hours.

Hazel Meyerowitz

GARLIC BREAD WITH A DIFFERENCE

- | | |
|----------------------------|----------------------|
| 1 french loaf | chopped spring onion |
| 60-90 g melted butter | worcestershire sauce |
| 1 carton cream cheese | black pepper |
| 12 cloves garlic, squeezed | anchovy essence |

Mix all the ingredients together adding the worcestershire sauce, black pepper and anchovy essence according to taste. Place in loaf which has been nearly sliced through. Wrap in tin foil, shiny side inside, and place in a 200°C oven for 10 minutes.

Diane Marock

TZATZIKI

- | | |
|------------------------------------|--------------------------------------|
| 2 (175 ml) cartons Natural Yoghurt | 1 English cucumber with skin, grated |
| 250 g Smooth White Cheese | and well drained |
| Salt, pepper, aromat | 2 cloves garlic, crushed |

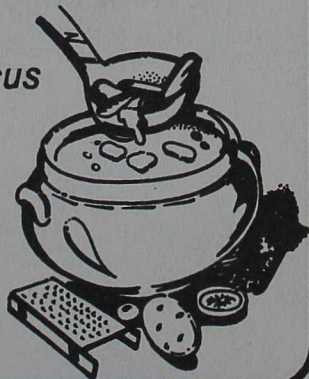
Mix all ingredients in a bowl. Serve as a starter with health bread, or as an accompaniment to fish.

Linda Abrahamson

SMOKED MACKEREL

- one layer grated apple
spread over a layer of mayonnaise
spread over flaked mackerel
sprinkle slivered almonds on top
Layer on a platter.

Janice Marcus



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Snappy Starters & Snacks

SALAD EXOTICA

- 1 tin tuna
- 1 tin pink salmon
- 1 tin artichoke hearts
- 1 tin mushrooms
- 1 tin mandarins
- 1 tin butterbeans
- 1/2 kilo kingclip, cooked
- 1 tin asparagus cuts
- 1 tin pineapple chunks

Seafood sauce

- 1 cup mayonnaise
- 1 teaspoon lemon juice
- 2 tablespoons tomato sauce
- few drops tabasco
- chopped parsley
- grated onion

Mix together and pour over the seafood sauce.

Hazel Meyerowitz

FRITA DE SALMON

- 2 tins pink salmon
- juice of 2 lemons
- 2 tablespoons finely chopped parsley

- salt and pepper
- 2 heaped tablespoons matzo meal or breadcrumbs
- 6 beaten eggs

5 cloves garlic

Drain, debone and slightly flake the salmon. Place in bowl, add lemon juice and parsley. Crush cloves of garlic and add to salmon mixture. Add salt and pepper to taste, matzo meal (or breadcrumbs) and fold in 6 beaten eggs. Oil ovenware dish, place mixture into dish and bake in oven of 200°C for about 30 minutes or until brown. Cut in squares. Serve hot or cold and decorate with stuffed olives and parsley.

Rita Hasson

STUFFED MUSHROOMS WITH BRAZIL NUTS

- 750 g large mushrooms
- 4 tablespoons butter
- 4 tablespoons chopped onions
- 90 g soft breadcrumbs
- 110 g Brazil nuts, chopped or ground

- 1 tablespoon lemon juice
- 1 teaspoon salt
- pinch of white pepper
- 125 ml cream

Wash mushrooms and chop stems finely. Melt butter, add onions and mushroom stems. Cook over low heat for about 5 minutes or until soft but not browned. Add breadcrumbs, nuts, lemon juice and seasonings. Cook 2 minutes longer. Stuff mushroom caps with nut mixture. Place in a greased shallow baking pan. Pour cream over mushrooms. Bake in a hot oven 205°C for about 25 minutes. Serves 4-6.

Annette Kesler



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Snappy Starters & Snacks

FISH BALLS IN MAYONNAISE-DILL SAUCE

1 kilo fish
1 onion, fried
1 carrot
2 eggs
salt

breadcrumbs
2 cups mayonnaise
2 cups sweet-sour cucumber
dill juice from cucumber

Mince fish with onion and carrot. Add egg and salt and form into balls. Roll in breadcrumbs and fry. Mix mayonnaise with chopped cucumber. Add dill juice to make creamy consistency. Pour over fish and refrigerate.

Barbara Rosman

FISH MOULD/MOUSSE

1 large tin middlecut fish
1 large grated onion
125 g skim milk cheese
3 hard boiled eggs
3 tablespoons hot chutney
3 tablespoons mayonnaise

dash Worcestershire sauce and/or
Tabasco
dash black pepper
2 teaspoons chopped parsley
1½ teaspoons powdered gelatine
little cold water
½ cup boiling water

Add first 9 ingredients together and mash well. Sponge gelatine in cold water, dissolve in boiling water. Add to mixture. Spoon into oiled fish mould and refrigerate (overnight if possible). Unmould and garnish with lettuce, pickles, olives, etc.

Marilyn Friedland

CHEESE AIGRETTES

125 ml water
4 tablespoons butter
75 g flour, sifted
2 large eggs

50 g gruyere or cheddar cheese,
grated
½ teaspoon salt
¼ teaspoon white pepper
1 teaspoon mustard

Bring water and butter to boil in saucepan. When boiling set aside and add flour. Beat till smooth. Allow to cool. Beat in eggs, one at a time and continue to beat until mixture is smooth and glossy. Stir in cheese and seasoning. Fry teaspoons of mixture in oil for about 7 minutes until well puffed and golden brown. Drain well on absorbent paper before dusting with parmesan cheese.

Naomi Schroder



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Snappy Starters & Snacks

BRIE SNACK

sliced rye bread

1 Brie cheese

black pepper

Lightly butter bread. Cut a piece of brie in half through the width and place with crustside up on the bread. Grind black pepper onto cheese and place under griller until cheese melts. Eat hot with slices of tomato, pickled cucumber and lettuce. Alternatively, place sliced tomato on bread with brie on top of tomato and then grill.

Caryn Berman

SAVOURY ASPARAGUS ENVELOPES

120 g butter

1 cup flour

500 g smooth white cheese

drained asparagus cuts

grated cheese

cayenne pepper

salt

Make a pastry with butter, flour and cheese. Roll out thinly. Cut rounds 8 to 10 cm in diameter. Place asparagus and a little cheese mixed with seasoning in the centre of each pastry round. Fold like an envelope. Bake in greased tin at 190°C until ready.

Cavalcade Cookbook

ARTICHOKES IN CHEESE SAUCE

1 tin artichoke hearts, drained

3 tablespoons butter

3 tablespoons flour

1/2 cup artichoke liquid

1 cup grated yellow cheese

1/2 cup cream

1 packet crushed chips

salt, pepper, nutmeg to taste

Place artichokes in a greased shallow ovenproof dish. Melt 3 tablespoons butter, add flour and cook for 1 minute, stirring constantly. Remove from heat and gradually add artichoke liquid. Return to heat and cook until thickened, stirring constantly. Add cream, half cup cheese and seasonings. Pour over artichokes. Top with remainder of cheese and crushed chips. Bake at 180°C for 15-20 minutes.

Liora Munitz



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Snappy Starters & Snacks

SPINACH AND COTTAGE CHEESE QUICHE

1 roll frozen shortcrust pastry
2 bunches spinach
3 eggs, beaten
250 g chunky cottage cheese

150 ml cream
Nutmeg, salt and pepper to taste
1/4 cup parmesan or mozzarella
cheese

Wash spinach well, remove stalks and place in pot over medium heat until soft. Drain and chop finely. Roll out the pastry and place in pie dish. Mix spinach with remaining ingredients and place mixture in pastry shell. Bake at 180°C for 30-35 minutes or until set.

Vivienne Stern

SPINACH GNOCCHI

300 ml milk
5 ml salt
3 ml nutmeg
Pinch black pepper
150 ml semolina
250 g frozen spinach

250 g chunky cottage cheese
2 eggs
50 ml parmesan cheese
50 g butter
250 ml cheddar cheese, grated

Bring milk, salt, pepper and nutmeg to the boil. Stir in semolina and spinach. Cook until VERY thick (like "Stywe Pap"). Remove from heat. Mix egg with cottage and parmesan cheese and fold into mixture. Butter an overware dish and place spoonfuls of Gnocchi in dish. Sprinkle with cheddar cheese and dot with butter. Bake at 170°C until golden. Serve with a salad.

Hazel Berman

BOUREKITAS (CHEESE PASTRIES)

PASTRY

1/2 cup oil
1/2 teaspoon salt
1/2 cup water
2 cups flour
1 egg, beaten

Little grated cheese

FILLING

4 large potatoes, mashed
2-3 well beaten eggs
1 1/2 cups grated cheese (strong
cheddar/parmesan)
Salt and pepper to taste

Combine filling ingredients and set aside. Mix oil, salt and water together. Add flour and knead to a dough. Shape into small balls the size of walnuts. Roll out each ball to 5 or 6 cm in diameter. Place one teaspoon of filling along edge of pastry and roll up to a sausage shape, bending ends slightly in to achieve croissant shape. (Alternatively, fold over pastry to crescent shape.) Place pastries on lightly oiled baking sheet, brush with beaten egg and sprinkle grated cheese on top. Bake at 180°C.



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Snappy Starters & Snacks

MUSHROOM STRUDEL

90 g unsalted butter	freshly ground pepper
500 g mushrooms, coarsely chopped	tabasco
2 teaspoons lemon juice	1/2 cup cream (125 ml)
2 cloves garlic, crushed	125 g phyllo pastry
1 tablespoon flour	butter/oil
4 leeks, thinly sliced	3-6 teaspoons breadcrumbs
3/4 teaspoon salt	

Melt butter in large pan. Add mushrooms, lemon juice and garlic and cook, stirring frequently, till liquid is absorbed. Blend in flour and cook for 5 minutes. Add leeks and cook for another 2 minutes. Reduce heat and stir in seasoning and cream. Continue cooking and stirring until mixture thickens (about 5 minutes).

Preheat oven to 190°C. Oil a swiss-roll tin well and set aside. Place a sheet of phyllo pastry in a dish cloth. Cover remaining phyllo leaves. Brush this sheet with melted butter and sprinkle with 1 teaspoon breadcrumbs. Repeat 3 to 6 times. Spread half of mushroom filling in a strip leaving an edge all round the phyllo pastry. Tuck the edges in and using the dish cloth to aid you, carefully roll in a tight swiss-roll. Transfer to prepared baking sheet. Repeat with remaining phyllo pastry thus making two rolls. (If freezing, do so at this stage.)

Bake at 190°C for 25 minutes. (35-40 minutes if straight from freezer.) Cut into slices using electric or sharp knife.

Martine Israel

MUSHROOM PIE WITH A WHOLEWHEAT GARLIC CRUST AND BUTTER MILK TOPPING

Crust

4 tablespoons lecithin butter	2 tablespoons chopped parsley
2-3 cloves crushed garlic	2 cups wholewheat breadcrumbs

Melt butter and saute garlic and parsley for 1 minute. Add breadcrumbs and mix thoroughly. Line a 22-25 cm round ovenproof pie dish with crust. Place in deepfreeze while making filling.



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Snappy Starters & Snacks

Filling

3 leeks (with green tops) OR
1 bunch spring onion
2 cloves garlic
3 tablespoons olive oil
300 g black mushrooms, sliced
1/4 teaspoon nutmeg
1 teaspoon dried mixed herbs
1 tablespoon lemon juice
1 teaspoon seasoned salt

Topping

2 teaspoons custard powder
2 cups buttermilk OR
drinking yoghurt
2 eggs
1 cup grated cheddar cheese
2 tablespoons parmesan cheese
pinch cayenne pepper

Filling: Saute leeks (or onions) and garlic in oil till limp. Add mushrooms and stir lightly. Add rest of ingredients and pour over crust.

Topping: Blend custard with a little buttermilk. Combine with remaining ingredients and pour over filling.

Bake at 190°C for 30-35 minutes until golden brown.

Jill Rabie

SAVOURY COURGETTE FLAN

Pastry

125 g cottage cheese
125 g wholewheat flour
1 teaspoon baking powder
125 g butter
salt

Filling

400 g courgettes, thinly sliced
400 g tomatoes, skinned and thinly sliced
3 tablespoons margarine
1 large onion, chopped
4 leeks, sliced
2 eggs plus 2 yolks
1 cup cream
1/3 cup cheddar cheese, grated
2/3 cup Mozzarella cheese, grated
little grated cheese extra

Process all pastry ingredients in a food processor and press pastry into greased pie dish. Melt margarine. Add onions, tomatoes, leeks and courgettes. Simmer for 15 minutes until soft. Beat together eggs, cream and salt and pepper and add cheddar and Mozzarella cheese. Place vegetables on to base and pour over egg and cream mixture. Sprinkle with a little grated cheese. Bake at 375°F for 25-30 minutes.

Karen Jossel



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Snappy Starters & Snacks

MIELIE PIE

3 eggs

12,5 ml cornflour

salt

2 ml nutmeg

2 ml mustard

250 ml slightly warmed milk

375 ml tinned mielies

250 ml grated cheese

12,5 ml parsley

Beat eggs, cornflour, salt, nutmeg, mustard. Gradually stir milk into mixture. Add rest of ingredients. Pour into crust made from wholewheat flour. Bake at 180°C for approximately 30 minutes, till set.

Cherie Sachar

ASPARAGUS AND SALMON TART

15 large asparagus spears

15 thin slices of smoked salmon

3 tablespoons butter

3 tablespoons flour

1½ cups milk

1¼ cups grated Emmentaler
or cheddar cheese

2 tablespoons sherry

salt and black pepper

2 teaspoons mustard powder

paprika

breadcrumbs

Wrap smoked salmon around asparagus spears and place alongside one another in an ovenproof dish. Melt butter, stir in flour, then sufficient milk to make a runny sauce, stir in 1 cup of grated cheese, sherry and seasoning. Pour sauce over asparagus and salmon. Sprinkle with balance of cheese mixed with breadcrumbs. Bake for 15 to 20 minutes at 180°C or until golden brown.

Penny Halle

SMOKED SALMON AND RICOTTA ROUNDS

225 g Ricotta cheese

60 ml mixed cream and sour cream

30 ml finely chopped chives

5 ml horseradish

sea salt to taste

freshly ground black pepper

15 g gelatine

60 ml water

8 slices smoked salmon

lemon wedges for decoration

Beat cheese until soft, add lightly whipped cream. Fold in chives, horseradish, salt and pepper. Reserve. Soften gelatine in water till spongy, slowly dissolve over low heat. Pour gelatine mixture into cheese while beating gradually with an electric whisk. Cover and chill until almost set. Lay out salmon slices. Divide cheese equally between slices and roll up. Cover each roll in wax paper and chill for at least 4 hours.

When ready to serve, remove waxwrap and serve whole or sliced. Decorate with freshly ground black pepper and lemon wedges. Serves 8.

Shirley Gelb



This page is sponsored by **MOONYEEN & EDWARD CASTLE**

Snappy Starters & Snacks

AVOCADO AND SMOKED SALMON TART

Base

1 packet Salticrax

4 tablespoons butter (125 g)

1.) 2 Avocado pears

2 tablespoons mayonnaise

2 tablespoons lemon juice

salt, pepper, garlic salt

2.) 2 cartons smooth white cheese

125 ml smetana or cream

2 tablespoons parsley

3.) smoked salmon (8-10 slices)

Line glass dish with crushed salticrax and butter. Mix 1 and 2 (above) separately. Layer avocado pear mixture, smoked salmon and cream cheese mixture.

Helen Ozinsky

PANCAKE PERFECTIONS

3 eggs

2 cups milk (or water)

1½ cups sifted flour

pinch salt

½ teaspoon baking powder

Beat eggs and milk very well. Add flour, salt and baking powder and beat well. Allow to stand till froth disappears. Heat electric pancake maker or grease small frying pan. Pour in the batter and cook till dry. Place pancake on serving plate, cooked side up. Smooth on mixture. Place second pancake on serving plate and smooth on mixture until 4 or 5 are on the stack. Finish off with a final pancake. Be imaginative with the colour combinations. Sprinkle with paprika and place a dollop of cream in the centre. Surround the pancake stack with shredded lettuce. To serve, slice triangular pieces with a sharp knife as you would cut a round cake. .

Mixtures (add your own favourite)

1. Smoked salmon with freshly ground black pepper and a light squeeze of lemon.
2. Avocado mashed with lemon, salt and pepper.
3. Tuna mixed lightly with mayonnaise and a dash of vinegar and salt and pepper.
4. Egg with mayonnaise.
5. Asparagus with vinaigrette sauce. Slice asparagus in half and layer carefully.
6. Sardines mashed with lemon.
7. Cream cheese with chives.
8. Grated yellow cheese.
9. Slices of edam cheese with light chutney coating.
10. Nutella.
11. Ripe Brie or Camembert.
12. Hard boiled egg sliced and sprinkled with paprika.
13. Chopped eggs with cream, salt and pepper.
14. Cottage cheese mixed with cream till smooth. Season.

Caryn Berman

This page is sponsored by SYBIL & ARNOLD CASTLE



Snappy Starters & Snacks

CHINESE BLINTZES SPRING ROLL

20 blintzes. (Use water instead of soda water in blintze mixture.)

Filling

- | | |
|-----------------------------|----------------------------------|
| 1 large onion | 1 tablespoon soya sauce |
| 1 tin tuna | 1 teaspoon salt |
| 1 small can bean sprouts | 1 teaspoon sugar |
| 1 large can water chestnuts | small ginger root, sliced finely |
| 1 tablespoon maizena | |

Chop onions, slice water chestnuts paper thin and add bean sprouts, soya sauce and thicken with maizena. Fry quickly in very hot oil. Add well drained and flaked tuna. Cook quickly on stove and allow to cool. Place dessertspoons of mixture on each blintze. Wrap up in envelope shape and freeze till hard. These will keep for months.

When ready to serve, heat oil in pan until sizzling hot, and quickly add frozen blintzes to oil. To test if cooked, insert matchstick. Serve with chutney, chinese pickles or mustard.

Robert Krafchik

CAVIAR CREPES

- | | |
|--------------------|------------------|
| 280 g sifted flour | 2 eggs |
| 500 ml milk | 1 teaspoon salt |
| 250 ml water | 1 tablespoon oil |

Filling

- | | |
|---|----------------------|
| 4 tablespoons caviar or kosher fish roe | 250 ml cream |
| 2 cartons savoury skim milk cheese | 250 g cheddar cheese |

Sift flour and salt into bowl. Add milk, water, beaten eggs, salt and oil. Beat well in mixmaster. Allow to stand for 15 minutes. Make crepes using small pan. Mix caviar and skim milk cheese together gently. Fill each blini with one tablespoon of mixture and fold into squares. Place side by side in shallow ovenware dish. Pour cream over blinis and grate cheddar cheese over top. Bake in 180°C oven until top is brown and bubbly. Serve immediately.

Hint: Make and bake immediately as caviar is inclined to discolour the blini if allowed to stand for too long.

Fay Davis



*This page is sponsored by ANNE FAINSTEIN,
CHECKERS, SEA POINT*

From the



and



*Kosher Kitchen

FISH

I&J Classic Seafood Smoked Salmon

VEGETABLES

I&J Young & Tender Whole Baby Beans
I&J Young & Tender Sliced Green Beans
I&J Young & Tender Peas
I&J Young & Tender Cauliflower
I&J Young & Tender Whole Baby Carrots
I&J Young & Tender Diced Carrots
I&J Young & Tender Carrots Julienne
I&J Young & Tender Mixed Vegetables
I&J Young & Tender Brussels Sprouts
I&J Young & Tender Chopped Spinach
I&J Young & Tender Broccoli Spears
I&J Young & Tender Broccoli Cuts
I&J Young & Tender Cut Corn
I&J Young & Tender Diced Onions
I&J Young & Tender Marrow Roundels
I&J Young & Tender Sweet Potato
I&J Young & Tender Butternut Squash

I&J Oven Chips

I&J Creamed Spinach

I&J Country Crop

I&J Spring Mix

CARMEL

Cocktail Onions

Pickled Onions

Cocktail Assortment

Mixed Pickles

Piccalilli

Horse-radish

Sandwich Spread

Mint Jelly

Chow Chow

Tartare Sauce

Mayonnaise

Sauerkraut

Relish: Chunky Tomato

Chunky Mexican

Chunky Mustard

Salads: Bombay Green Bean

Copper Penny

Tandoori Cabbage

Sweet 'n Tangy Cucumbers

Snack Bite Cucumbers

Strong Dill Cucumbers

Mild Dill Cucumbers

Sweet-Sour Cucumbers

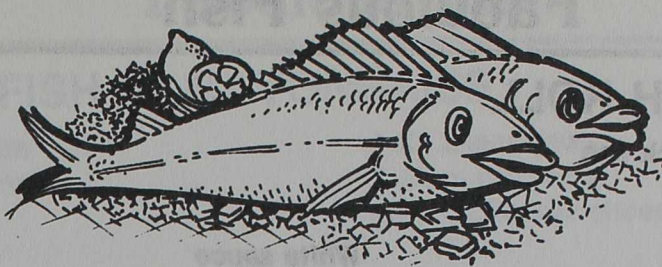
Sweet-Sour Cucumber Rings

Sweet-Sour Baby Gherkins

Cocktail Gherkins

Continental Style Cucumbers

*Approved by the Beth Din



Fabulous Fish

TANGY TUNA SALAD (Cold)

1 tin tuna, drained
1/2 packet small noodles
2 hard-boiled eggs, grated
chopped pickled cucumber
chopped green pepper

tomato sauce
 Worcestershire sauce
 mayonnaise
 1/2 onion, chopped

Boil, drain and cool noodles. Add tuna, onion, green pepper, eggs and cucumber. Add tomato sauce, mayonnaise and Worcestershire sauce to taste. Mix and serve.

Barbara Rosman

FISH SALAD

1 kilo fish
lemon juice
1/2 fresh cucumber
1 pickled cucumber

1 green pepper
2 sticks celery
1 hard boiled egg
mayonnaise

Poach fish for 15 minutes. Add little lemon juice and allow to cool. Flake fish and add cut up cucumbers, pepper, celery and egg. Add sufficient mayonnaise to bind mixture.

Stephanie Miller

TUNA NOODLE SALAD (to serve hot or cold)

2 tins tuna with oil
1 packet unsalted cashew nuts,
chopped
250 g fresh mushrooms, sliced
1/2 cup green peppers, chopped

1 cup grated cheddar cheese
3/4 cup chopped green olives
(without pips)
1 1/2 cups shell-noodles, cooked
275 ml smetana

Mix all ingredients together. Bake at 200°C for 20-30 minutes.

Marilyn Friedland

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Fabulous Fish

FANCY FISH ROLL

750 g minced stock fish

1 egg

salt, pepper

Filling

200 g fresh mushrooms

garlic salt

butter

1/2 cup grated onion

2 teaspoons chopped parsley

1 cup breadcrumbs

salt, pepper

2/3 cup fish stock

White sauce

2 tablespoons butter

2 tablespoons flour

1 cup milk

2 tablespoons grated cheese

1 tablespoon white wine

Mix fish with egg, salt and pepper. Spread fish out 1,25 cm thick on a sheet of glad wrap. Keeping a few of the whole mushrooms aside, slice the rest. Season with garlic salt and saute in butter for about 5 minutes and remove from stove. Mix the mushrooms with the remaining ingredients except the stock. Add half the stock and mix. If the filling is not wet enough continue to add stock until filling is of a spreading consistency. Now spread filling over fish. Roll fish like a Swiss roll by lifting the glad wrap on the far side and pulling it over the fish towards you. Place in a buttered ovenware dish. Paint roll with melted butter and decorate with whole mushrooms. Bake at 180°C until done. Prepare a white sauce with cheese and a little white wine and pour over fish roll and serve.

Cavalcade Cookbook

SAVOURY KINGKLIP

3 cups flaked cooked kingklip

60 g butter

2 onions, chopped

4 tomatoes, peeled and chopped

2 bayleaves

2 teaspoons paprika

1 teaspoon salt

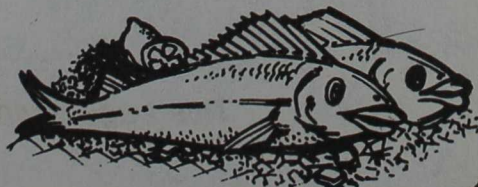
1/2 teaspoon black pepper

1 dessertspoon chopped parsley

Melt butter, saute onions. Add tomatoes and cook until soft. Add fish, bayleaves, paprika, seasoning and parsley. Cook for 10 minutes uncovered. Add a bit of sugar to bring out the flavour.

Gail Aronson

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Fabulous Fish

BAKED FISH IN MAYONNAISE

Kingklip pieces
1 cup mayonnaise
paprika
onion flakes

1 tin asparagus
1 tin mushrooms
grated cheddar cheese

Line dish with fish. Pour over mayonnaise, sprinkle with paprika and onion flakes. Add asparagus and mushrooms and grated cheese. Bake covered with foil at 180°C for 45 minutes or until fish is tender. Remove foil and allow to brown.

Cilla Tonkil

SUNSHINE HAKE

1 kilo hake portions
10 ml mustard powder
120 ml mayonnaise
2 onions, chopped finely
5 ml Thyme

3 tablespoons lemon juice
salt and black pepper
2 medium apples, chopped finely
parsley

Grease dish. Mix all above ingredients and spread over fish. Cover and bake 200°C for 25-30 minutes. Garnish with parsley.

Shifra Jowell

BAKED FISH

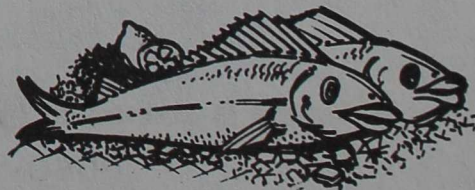
1 kilo fish fillets
fish spice
lemon juice

1 packet Brown Onion soup
250 ml smetana

Place fish onto flat dish, season with fish spice and squeeze over lemon juice. Sprinkle over brown onion soup. Pour over smetana. Bake at 180°C for 30 minutes.

Marcelle Almeleh

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ASHNA & GERALD DIAMOND



Fabulous Fish

POOR MAN'S THERMIDOR

1 kilo poached fish fillets
(kingklip or kabeljou)
3 tablespoons butter
3 tablespoons flour
1-1 $\frac{1}{4}$ cups milk
salt, pepper and nutmeg

300 grams mushrooms, sliced
1 onion, finely chopped
100 ml tomato puree
1 $\frac{1}{2}$ -1 teaspoon mustard powder
1-1 $\frac{1}{2}$ cups cheddar cheese
4 tablespoons sherry or white wine
paprika

Cut fish into smallish chunks. Make a white sauce with butter, flour and milk, season and set aside. Saute mushrooms and onion till soft and moisture has evaporated. Add to white sauce. Stir in puree, mustard, cheese, sherry and fish and check seasoning. Turn into greased baking dish and dust with paprika. Cover and heat through at 100°C for about 30 minutes. Serves 6.

FISH A LA ROMA

6 slices fish
1 $\frac{1}{2}$ teaspoon salt
12,5 ml smetana
lemon wedges

4 teaspoons prepared mustard
1 teaspoon onion flakes
1 $\frac{1}{4}$ cup mayonnaise

Place fish in pyrex dish. Mix smetana, mustard, mayonnaise and onion flakes and spread over fish. Bake for 15 minutes at 180°C-200°C. Garnish with lemon wedges.

Bertha Widan

FISH AND AVOCADO BAKE WITH YOGHURT TOPPING

600 g fish fillets (Kabeljou)
little flour
salt and pepper
1-2 avocado pears
little lemon juice
1 bunch spring onions, chopped

Topping
175 ml yoghurt
125 ml smetana (or 300 ml yoghurt)
2 eggs
salt and pepper
Grated cheese

Season and dust fish lightly with flour. Layer in a well-buttered oven-proof dish. Slice avocados, sprinkle with lemon juice and arrange over fish. Sprinkle over chopped onions. Mix topping ingredients. Pour sauce over fish, sprinkle with cheese. Bake for 35-40 minutes until golden.

Jill Rabie

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DUBOVSKY**



Fabulous Fish

FISH SOUFFLE

1 tin tuna plus liquid
2 tablespoons butter (or margarine)
4 tablespoons chopped onion
2 tablespoons flour
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon salt

1 cup cottage cheese (250 ml)
 $\frac{1}{2}$ teaspoon pepper
3 eggs, separated
2 teaspoons chopped parsley
 $\frac{1}{2}$ teaspoon dill (optional)

Mash fish into liquid. Melt butter and saute onion until tender. Add flour and mix until smooth. Pour in milk all at once, stir vigorously and cook until thick. Season. Beat cheese and egg yolks and mix into sauce. Lightly blend fish and chopped parsley. Beat egg whites until stiff but not dry. Fold into fish mixture. Bake at 180°C until set.

Nurit Shulman

BAKED GEFILTE FISH

Sufficient gefilte fish mixture for
12-16 balls
carrots
breadcrumbs or matzo meal

Post Toasties
butter
milk and cream

Grease ovenproof dish. Grate layer of carrots. Shape fish mixture into balls and roll in breadcrumbs or matzo meal and place in dish. Crush Post Toasties over fish. Pat of butter on each ball. Bake at 180°C for 45 minutes to 1 hour. If necessary add milk and a little cream to keep moist during baking.

Hazel Meyerowitz

SOLE FRITES

6 soles, filleted

Sauce

flour

egg

fine dry crumbs

salt & pepper

1 cup mayonnaise

1 dessertspoon tomato sauce

1 tablespoon red pepper, chopped

1 dessertspoon chives

$1\frac{1}{2}$ tablespoons drained chopped
capers

$\frac{1}{2}$ green pepper, chopped

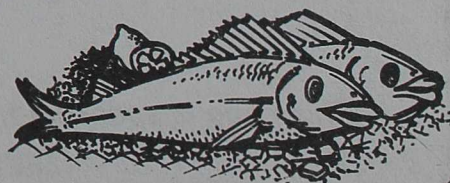
2 tablespoons chopped sweet gherkins

1 dessertspoon finely chopped parsley

Season sole well and cut each fillet into long thin slivers. Sprinkle with flour, cover with beaten egg, roll in crumbs. Fry in deep oil for 2-3 minutes. Combine ingredients for sauce, pour some over fish and serve immediately accompanied by rest of sauce. (This sauce can be used with any fried fish.)

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EDELSTEIN



Fabulous Fish

FISH IN LYCHEE SAUCE

1 kilo kingklip fingers

Sauce

1 medium chopped onion

1 medium green pepper

1 tin lychees (or pineapple)

1/2 cup vinegar

2 teaspoons brown sugar

2 teaspoons soya sauce

2 tablespoons tomato sauce

1 cup water

1/4 cup maizena, dissolved in a little water

Fry fish in batter and drain well. Fry onion and green pepper gently until glazed. Drain lychees and reserve juice. Heat to boiling the vinegar, sugar, soya sauce, lychee juice, tomato sauce and water. Remove from stove, stir in the maizena paste, return to stove and simmer until sauce is like custard. Add the green pepper and the onion to the cooled sauce. Blend well. Place fish fingers in a casserole dish — do not crowd. Pour over the sauce an hour before serving and serve warm. (This can also be served cold.)

Doreen Teitelbaum

STUFFED FILLETS OF SOLE

6 medium soles, filleted

salt and pepper

500 g fresh Scotch salmon

finely chopped onion

1 1/2 cups white wine

90 g butter

3 tablespoons flour

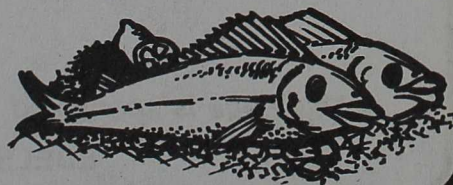
250 g sauteed or tinned mushrooms,
sliced

1 cup of milk or more

Season soles. Roll each fillet around a piece of salmon and place, firmly packed, on a buttered baking tray with a layer of finely chopped onion spread over the tray. Pour over wine, cover well with foil and bake at 180°C-200°C for 20 minutes until fish is just about ready. Melt butter, add flour, cook 1-2 minutes. Remove from heat, add milk, stir well. Add mushrooms, adjust seasoning and pour over fish. Bake 10 minutes more.

Bertha Widan

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FELDER**



Fabulous Fish

SOLE SUPREME

4-6 baby soles

salt

pepper

fish spice

1 tin Campbell's Asparagus Soup

125 ml cream

3 tablespoons grated cheddar cheese

2 tablespoons asparagus cuts, drained

Place well seasoned soles in lightly-buttered casserole. Mix soup, cream, cheese and asparagus cuts and spoon over soles. Bake 180°C for 20 minutes.

Bertha Widan

POLISH SOLES

4 soles filleted (keep bones)

salt, pepper

lemon juice

sliced onion

parsley and celery

1 bay leaf

pinch Thyme

1/2 cup white wine

water (to cover bones)

Mushroom Topping

500 g sliced mushrooms

1 tablespoon lemon juice

1 tablespoon minced onion

3 tablespoons butter

salt and pepper

1 tablespoon flour

2 tablespoons parmesan cheese

1 cup cream

2 eggs yolks, slightly beaten

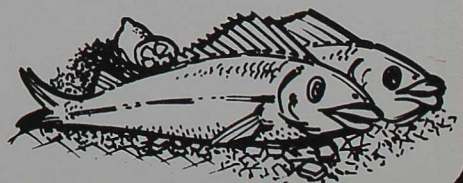
2 tablespoon soft breadcrumbs,

Fold sole fillets, place in square buttered ovenware dish, season and sprinkle with lemon juice. Place bones on top. Combine onion, parsley, celery, bay leaf, thyme, wine and little water. Pour over, poach at 180°C for 10 minutes and pour off excess liquid and bones.

Sprinkle mushrooms with lemon juice. Simmer with onion and butter for 3 minutes (lightly covered). Season with salt and pepper. Stir in flour and cheese, cook 3 minutes more. Place over soles. Beat together the cream and yolks and pour over mushrooms. Sprinkle the breadcrumbs, dot with butter and bake at 375°C for 15 minutes.

Barbara Pezaro Newman

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GLASER**





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IT SMACKS OF THE
SEA!”**



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Fabulous Fish

FILLET OF SOLE WITH SAVOURY BANANAS

4 soles, filleted
1/2 cup flour
1 teaspoon salt
1/4 teaspoon pepper
3/4 teaspoon paprika
1/4 cup oil

2 tablespoons lemon juice
1/2 teaspoon ground ginger
2 tablespoons brown sugar
1/2 cup dry sherry
4 bananas

Coat fillets with mixture of flour, salt, pepper and paprika. Heat oil in large skillet and brown fillets on each side. Remove to hot platter. In skillet combine sherry, ginger, brown sugar and lemon juice. Peel and cut bananas lengthwise and simmer for 2 minutes. Place bananas beside fish. Spoon sauce over both. Garnish with slivered toasted almonds.

Bertha Widan

SAUCY BAKED SOLE

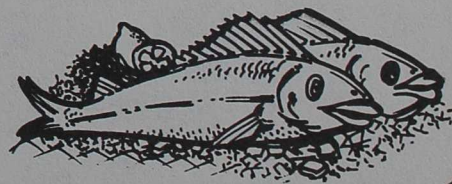
6 large potatoes, cooked
butter
4 soles, filleted
salt, pepper and paprika
1 large onion, chopped
1 tin mushrooms, drained and
chopped
1/2 cup chopped parsley

1 tin mushroom soup, undiluted
1/2 cup white wine
1 cup grated cheese
1 cup milk
1 tablespoon cream (optional)
liquid from mushrooms
maizena (if necessary)

Mash potatoes with butter and layer on the bottom of an ovenware dish. Season soles, roll up fillets and place on layer of mashed potatoes. *Sauce:* Saute onion, mushrooms and parsley in oil, add mushroom soup, wine, cheese (reserving some to sprinkle on top), milk, cream and liquid from mushrooms. Season to taste. Allow to boil and, if too thin, thicken with maizena. Pour sauce over fish. Sprinkle with reserved cheese. Bake at 180°C for 30-40 minutes.

Penny Halle

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GORDON**



Fabulous Fish

YELLOWTAIL AND CHEESE SAUCE

- | | |
|---------------------------|-----------------------------|
| 1 kilo yellowtail | 1 tablespoon lemon juice |
| 1/4 teaspoon garlic salt | 1 cup grated cheddar cheese |
| 1/4 teaspoon lemon pepper | 2 cups white sauce |

Season fish, sprinkle with lemon juice and place in greased ovenproof dish. Stir cheese into white sauce and spread over fish. Sprinkle with paprika and bake at 180°C for 30 minutes.

Marilyn Moller

FRIED FISH WITH A DIFFERENCE

- | | |
|---------------------|-----------------------------|
| 8 pieces fried hake | 1 punnet mushrooms |
| 1 cup cream | salt, pepper and fish spice |
| 2 onions, sliced | |

Place fish in ovenproof dish. Fry onions till golden, add mushrooms and spices and spoon over fish. Pour over cream and bake at 180°C for 20 - 30 minutes. Variation: Instead of mushrooms cover with sliced fresh grapes.

Frankye Movsowitz

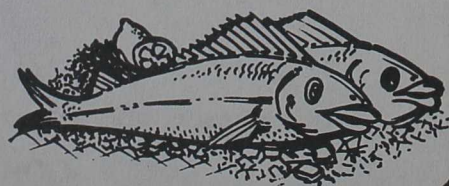
TUNA PILAF

- | | |
|-----------------------------------|-----------------------|
| 250 g mushrooms, sliced | 1 cup milk |
| garlic salt | 1 cup water |
| 3 large pickled cucumbers, sliced | 250 ml cream |
| 40-50 g of flaked almonds | piccalilli (optional) |
| 2 tablespoons butter | sherry |
| 2 tablespoons flour | 2 x 200 g tins tuna |
| | Tastic Rice |

Season mushrooms with garlic salt. Fry mushrooms, cucumbers and almonds separately in butter. Prepare white sauce. Return to stove and allow to thicken slightly. Add cream, piccalilli, 1 tablespoon sherry and any extra seasoning. Flake tuna and together with rest of fried ingredients, add to sauce. Serve hot on rice.

Cavalcade Cookbook

This page is sponsored by **ELAINE & ABE GOSS**



Fabulous Fish

VEGETABLE TUNA BAKE

1 butternut
1/2 head cauliflower
1/2 kilo broccoli flowerettes
300 g mushrooms
5 ml nutmeg
5 ml cinnamon

1 tin tuna, drained
50 g butter
50 g flour
650 ml milk, warmed
10 ml dry mustard
1 cup grated cheese

Trim, wash and cut vegetables into chunks. Steam until almost soft and drain well. Arrange in a large greased casserole dish. Sprinkle with nutmeg and cinnamon. Flake tuna and arrange amongst vegetables. Melt butter, add flour and cook 1 minute. Add milk and stir until sauce is smooth and thick. Stir in mustard and mix well. Pour over vegetables. Sprinkle with grated cheese and bake at 180°C until golden and bubbling (approximately 30 minutes).

Marilyn Friedland

TUNA LASAGNE

Green lasagne noodles, 1 box
250 g strong cheddar cheese
3 cups thick white sauce
2 onions grated
2 cloves garlic, chopped finely
2 tins tuna, drained
2 tins tomato soup (undiluted)
250 g button mushrooms
1/2 cup chopped parsley
salt, pepper

White Sauce
3 tablespoons butter
2 1/2 - 3 tablespoons flour
1 cup milk
1/4 teaspoon salt
pinch pepper
1 extra teaspoon butter

Cook noodles. Slowly melt butter. Gradually add flour and stir until well blended. Stir in the milk and seasoning until thick. Add an extra tsp. butter at end to give a velvet texture. Add grated cheese to white sauce. Fry onions with garlic in oil. Add flaked tuna, soup, mushrooms, parsley and seasoning. Place alternate layers of noodles, sauce and tuna mixture in a casserole dish. Add extra grated cheese on top. Bake at 180°C for about 30 minutes.

Shirley Mallach

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GREENSTEIN**



Fabulous Fish

FISH CANTONESE

1 kilo fillets of sole

lemon juice

Batter

$\frac{3}{4}$ cup flour

$1\frac{1}{2}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

1 egg

$\frac{1}{2}$ cup milk

Sauce

2 tablespoons oil

1 onion, sliced

1 teaspoon curry powder

$\frac{1}{2}$ cup vinegar

$\frac{1}{2}$ cup tomato sauce

1 small tin pineapple chunks

$1\frac{1}{2}$ teaspoons salt

2 pickled cucumbers chopped

1 tablespoon maizena

$\frac{1}{2}$ cup water

Cut fish into serving portions and marinate in lemon juice. Drop in batter and fry in deep oil. Drain. Brown onions in oil. Add curry powder and fry for 1 minute. Add maizena, vinegar, water, tomato sauce, pineapple chunks, salt and cucumbers and heat together. Pour over fish, or serve separately, hot or cold.

Nurith Shulman

BAKED LINEFISH PORTUGAISE

2-3 kilo linefish

(remove or loosen centre bone)

Stuffing:

$\frac{1}{4}$ cup soft butter

1 cup chopped onion

4 thick slices bread soaked

2 tablespoons chopped parsley

salt, pepper

Sauce:

$\frac{1}{2}$ cup chopped onion

$\frac{3}{4}$ cup chopped celery

$\frac{1}{4}$ cup chopped green pepper

4 tablespoons butter

1 tin whole tomatoes

1 clove garlic

1 teaspoon chilli powder

pinch sugar

bayleaf, thyme

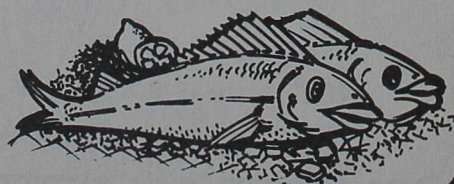
salt and pepper

Combine ingredients for stuffing and spoon into fish cavity. Place in buttered baking dish and add dabs of butter to top of fish. Bake at 180°C for 45-60 minutes, pour over sauce and bake 10 minutes longer.

Sauce: Saute onions, celery and green pepper in butter. Add tomatoes, garlic, chilli, sugar and seasoning.

Ethel Widan

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GURWITZ**



Fabulous Fish

BAKED WHOLE FISH WITH MUSTARD SAUCE

1 cup dry white wine
1/2 cup water
2 tablespoons oil
1 whole fish (1 1/2 - 2 kilos)

3 tablespoons chopped parsley
6 tablespoons chopped onion
2 tablespoons dry mustard powder
salt and pepper

Mix wine, water, oil, parsley and onion with mustard powder which has been mixed with a bit of warm water. Season with salt and pepper and pour over fish. Grill for 30 minutes or until flesh of fish flakes, basting every 10 minutes. Place fish on serving dish, pour over sauce and serve immediately, surrounded by baby potatoes, sprinkled with chopped parsley.

Barbara Pezaro Newman

KINGKLIP MURAT

500 g kingklip, cut into strips
salt, pepper, flour
egg
oil

Sauce:
knob of butter
6 cloves garlic, crushed
2 teaspoons lemon juice
3 tablespoons cream
pinch of chopped parsley
3-4 artichokes, cut into cubes
3 tablespoons fresh mushrooms
1/2 teaspoon brown sugar

Season kingklip, sprinkle with flour, dip in egg and fry in deep oil. Melt butter, add other ingredients and simmer together. See that garlic does not brown as this makes food bitter. Pour sauce over kingklip before eating or serve separately.

Snacks & Starters (Milnerton)

MARINATED GRILLED FISH

2 kilos kabeljou or fresh stockfish
1/2 cup soya sauce
1/2 cup lemon juice
1/4 cup butter

1 dessertspoon chopped parsley
1/2 teaspoon chopped garlic
salt and fish spice

Marinate fish in soya sauce and lemon juice for 3 hours, turning every now and then. Remove fish from marinade. Combine melted butter, parsley, garlic and seasoning and brush fish with mixture. Place under grill for 45-60 minutes, basting frequently.

Felicity Isserow

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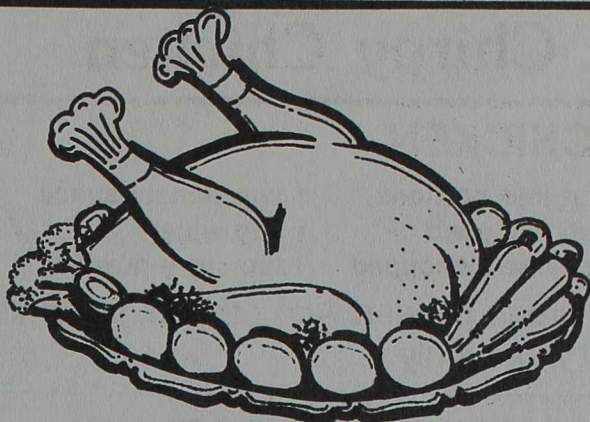
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Chirpy Chicken

ORANGE TARRAGON CHICKEN

1 chicken cut into portions
2 tablespoons Cardin
2 tablespoons oil
1 large onion chopped
250 ml tin frozen orange juice

1 tablespoon dried tarragon
1 level teaspoon maizena
1/2 cup chicken stock
1/4 cup Orley Whip

Heat Cardin and oil. Saute chicken until brown. Saute onion until transparent. Stir in orange juice, stock and tarragon. Cover with foil and simmer gently until tender. Remove chicken to platter. Thicken pan juices with maizena and cook till thickened. Cool slightly and add Orley Whip. Pour over chicken. Garnish with parsley sprigs.

Bertha Widan

CHICKEN ST. LOUIS

1 roasted chicken, skinned and diced
500 g frozen broccoli
1 cup mayonnaise

1 teaspoon curry powder
1 tin of mushroom slices
1 1/2 - 2 tablespoons lemon juice

Layer chicken and broccoli in casserole dish. Combine remaining ingredients, cover and bake at 180°C till bubbling.

Cherie Sachar

MEXICAN CHICKEN

1 chicken
3 cups water
salt and pepper
2 onions, chopped

1 green pepper, chopped
1 tablespoon garlic flakes
1 tin tomato puree (small)
1 cup frozen corn

Boil chicken in 3 cups water with seasoning. Remove chicken when tender and cut into portions, reserving stock. Fry onions and green pepper in oil. Add garlic flakes, tomato puree, corn then chicken. Boil noodles in reserved stock. In overproof dish first place noodles then chicken mixture on top. Bake at 180°C till heated through.

Charlotte Rosenberg

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Chirpy Chicken

DELICIOUS CHICKEN

- | | |
|--------------------------------------|--------------------|
| 1 roasted chicken cut into portions | 1 cup tomato sauce |
| 1 large onion coarsely chopped | 1 cup water |
| 1 1/2 green peppers coarsely chopped | 1 tsp curry powder |

Saute onion and green pepper. Add other ingredients. Pour over chicken and heat thoroughly.

FRIED CHICKEN VIENNESE STYLE

- 8 - 12 chicken pieces
flour
beaten egg
breadcrumbs

Paste:

- 1 tablespoon French mustard
1 tablespoon Worcester sauce
1 teaspoon thyme
1 teaspoon marjoram
1 teaspoon tomato paste
1 teaspoon paprika
salt and pepper to taste

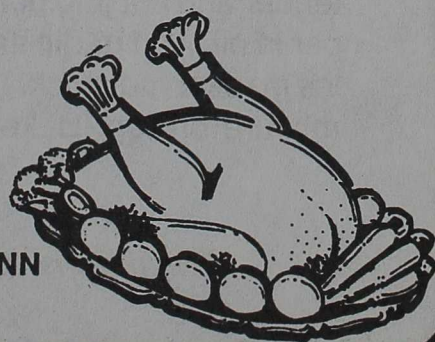
Remove skin from chicken and roll pieces in spicy paste. Dredge chicken with flour, coat with beaten egg and roll in crumbs, patting on firmly. Place in refrigerator for 30 minutes to set. Fry chicken at medium heat in deep oil for 25-30 minutes until cooked.

Bertha Widan

CHICKEN MOZAMBIQUE

- | | |
|---|---------------------------------|
| 8 - 10 chicken portions | 2 tablespoons oil |
| juice of 2 lemons and rind of 1/2 lemon | 2 green peppers, cut in slivers |
| salt and fresh pepper | 1/2 cup coconut |
| 1 teaspoon rosemary | 120 g cashew nuts |
| 1 tablespoon Cardin | |

Marinate chicken in lemon juice and rind, salt, pepper and rosemary for 30 minutes. Reserve marinade. Heat oil and Cardin and brown portions thoroughly. Cover, turn frequently, spooning over small quantities of marinade occasionally, until tender. Arrange portions on platter. Fry slivers of green pepper in pan juices. Pour over chicken. Toast cashew nuts and coconut lightly in oven and sprinkle on top.



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Chirpy Chicken

MOROCCAN CHICKEN

4 chicken portions
60 g walnuts or cashew nuts,
chopped
60 ml honey or smooth apricot jam
25 ml melted Cardin

green and/or black olives for garnish
1/2 teaspoon powdered ginger
grated lemon & juice of 1/2 lemon

Arrange portions snugly in greased casserole. Mix nuts, honey, Cardin, fine ginger, lemon rind and juice. Spread over chicken. Bake 180°C for 25-30 minutes, basting occasionally. Serve with haricot beans or chick peas soaked overnight, then boiled 2-3 hours. Garnish with olives.

BAKED SESAME SEED CHICKEN

8 chicken portions
1/3 cup wholewheat cracker crumbs
1/3 cup sesame seeds

1 beaten egg
salt and fresh black pepper
oil

Season chicken with salt and pepper. Mix cracker crumbs with sesame seeds. Dip chicken in egg, then in seed and crumb mixture. Place in single layer on well oiled baking pan, drizzle with oil. Bake 200°C in the middle of the oven without turning for 45 minutes or until crisp and golden. Serve with:

Peanut sauce
2 tablespoons sunflower oil
2 cloves garlic, finely chopped
1 piece fresh ginger, finely chopped
juice of 1 large lemon

3 tablespoons peanut butter
2 teaspoons soya sauce
1 teaspoon chilli powder
1/4 cup Orley Whip

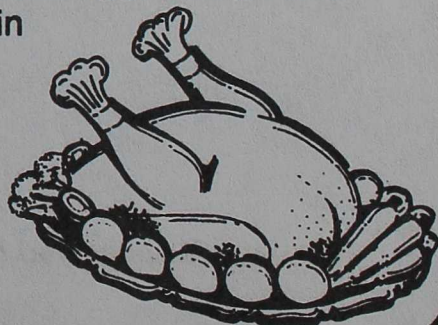
Cook garlic and ginger very gently in oil until lightly browned. Add all remaining ingredients except Orley Whip, stirring constantly for a minute. Allow to cool, then stir in Orley Whip.

PEANUTTY BAKED CHICKEN

1 roasted chicken, cut into portions
1 1/2 cups dry roasted peanuts, finely
grated or crumbed
2 teaspoons chopped parsley
1 1/2 teaspoons organum
3/4 teaspoon paprika

1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon pepper
1 egg, well beaten

Combine peanuts, parsley and spices. Dip pieces in egg, then peanut-spice mixture. Line shallow dish with foil, put in chicken, fold over to seal. Bake at 180°C for 1 hour.



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Chirpy Chicken

EASY CHINESE CHICKEN

1 chicken
flour
1/2 teaspoon origanum
1/2 teaspoon rosemary
1/2 teaspoon marjoram
ground pepper
1/2 teaspoon ground ginger

salt to taste
125 g Cardin
2 onions, sliced
3 cloves garlic, chopped
1 green pepper, chopped
1 1/2 cups sherry
1 medium tin mushrooms

Cut chicken into portions and remove skin. Coat in flour and spices, mixed in bag. Melt Cardin and fry onions, garlic and green pepper. Add chicken pieces and brown lightly. Add sherry and liquid from mushrooms, stir gently, add mushrooms and simmer over low heat for 1 hour, stirring occasionally to prevent sticking.

ORANGE CHICKEN

1 roasted chicken in portions
4 tablespoons sugar
4 tablespoons water
2 tablespoons vinegar
1 cup orange juice

2 teaspoons grated orange rind
2 dessertspoons maizena
1/4 cup water
2 tablespoons marmalade

Dissolve sugar in water until it forms a caramel colour. Add vinegar, orange juice and orange rind. Mix maizena with water, stir into sauce to thicken slightly. Add marmalade, pour over chicken and bake uncovered in oven until sauce thickens and chicken heats through.

Felicity Isserow

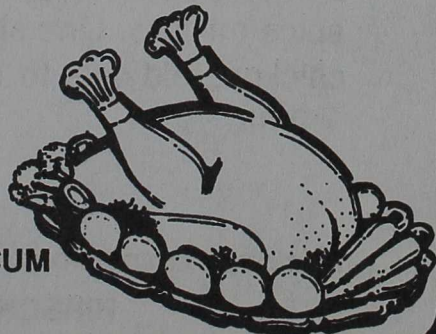
TANGY CHICKEN

1 roasted chicken, in portions

Sauce:

1 packet onion soup
3/4 cup tomato sauce
3/4 cup chutney
3/4 cup mayonnaise
3/4 cup lquifruit

Combine sauce ingredients and pour over chicken. Bake at 180°C for 20 minutes.



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Chirpy Chicken

CHOP SUEY (freezes well)

1 chicken, cooked or raw, deboned and diced

1 onion, chopped

1 carrot, diced

1 cabbage, shredded
ginger

2 tablespoons oil

1/2 cup water

2 teaspoons maizena

1 teaspoon soya sauce

fried nuts (optional)

Marinade:

1 tablespoon oil

2 teaspoon soya sauce
sherry (optional)

1/2 teaspoon sugar

1/2 teaspoon salt

2 tablespoons maizena

Marinate chicken for 5 minutes. Heat 1 tablespoon oil and fry onion and carrot for 1 minute. In same oil, fry cabbage and ginger until cabbage is green (2 minutes). In separate oil, fry chicken for 2 minutes, stirring. Add water, maizena and soya sauce and simmer until tender.

CHICKEN IN BEER

1 chicken, cut into portions

flour, egg and crumbs

2 onions

1 green pepper

3 large skinned tomatoes

salt

1 can beer

olives

1 cup raisins (optional)

Season chicken portions. Dip into flour, egg and crumbs. Fry in a little oil. Season onions, green pepper and tomatoes with salt and fry slowly. Place all ingredients in casserole dish. Add sliced olives, raisins and beer. Simmer in slow oven for 1 hour.

Cavalcade Cookbook

GARLIC CHICKEN

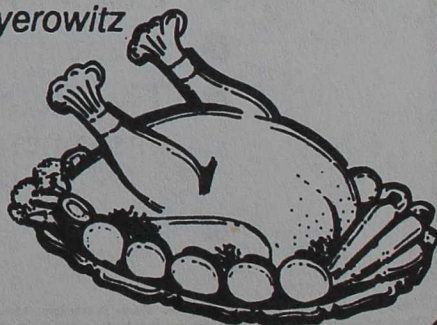
2 chickens
seasoning

1 bottle French Garlic Dressing

1 small tin apricot jam

Season chicken in usual way and place whole or in portions in roasting pan. Combine French Garlic Dressing and apricot jam and pour over chicken. Roast for about 45 minutes with lid on. Remove lid and brown chicken until soft. Drain off gravy, strain and pour again over chicken for serving.

Hazel Meyerowitz



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Chirpy Chicken

MUSTARD CHICKEN

- | | |
|--------------------------------|---------------------|
| 1 roasted chicken, in portions | 1 cup boiling water |
| 1/2 cup sugar | 1/2 cup vinegar |
| 1/2 teaspoon salt | 1 cup mayonnaise |
| 2 tablespoons flour | 1/4 cup dry mustard |

Beat dry ingredients into boiling water and vinegar, until smooth. Cool. Add mayonnaise and pour over chicken. Bake at 180°C, basting occasionally.

Rozanne Nirenstein

BABY CHICKEN BRAAI

- | | |
|--|---------------------------------|
| 8 baby chickens, butterflied
(or 24 chicken portions) | 1 tablespoon dry mustard |
| salt & freshly-ground black pepper | 2 tablespoons chilli powder |
| 1/3 cup oil | 1/4 teaspoon ground ginger |
| 10 tablespoons tomato sauce | 1 or more cloves garlic, minced |
| 1/4 cup vinegar | 2 slices lemon |
| 1/2 cup brown sugar | |

Sprinkle chickens with salt & pepper, rub with oil. Combine rest of ingredients with salt & pepper to taste in saucepan & whisk till blended. Place chickens skinside down on grill. Turn after 10 minutes and keep turning every 10 minutes until done.

Bertha Widan

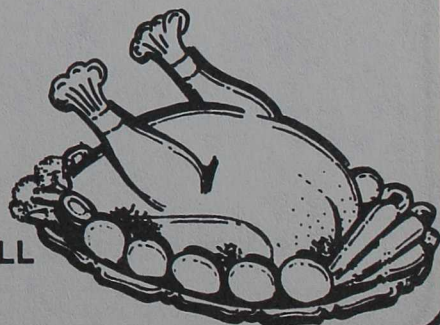
DEVILLED CHICKEN

- 1 chicken, in portions
seasoned flour
- Sauce**
- 3/4 bottle Chutney
2 tablespoons vinegar
2 tablespoons tomato sauce

Fry portions in flour. Combine sauce ingredients and pour over chicken. Bake at 200°C until chicken is tender and sauce turns a good colour and becomes sticky & syrupy.

Ethel Widan

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Chirpy Chicken

CHUTNEY CHICKEN

12 chicken portions

Sauce

1 cup hot chutney

1 cup mild chutney

1 cup mayonnaise

1 cup Oros (undiluted)

Mix sauce ingredients and pour over chicken portions. Bake at 200°C on middle shelf in oven till tender, leaving the chicken uncovered for the last half hour.

Pam Stern

CHICKEN LEOPOLD

2 chickens, in portions

2 chopped onions

1 chopped green pepper

3 large chopped tomatoes

1 tin mushrooms, chopped

5 tablespoons tomato sauce

2 tablespoons Worcestershire sauce

3 chicken stock cubes

2 bay leaves

1 teaspoon sugar

1 cup dry red wine

Brown chicken portions in oil. Fry onions until slightly brown, add green pepper and fry until glassy. Add all other ingredients. Simmer for 10 minutes. Pour liquid over chickens and simmer slowly until chicken is done. If not enough liquid, add liquid from mushrooms.

Hazel Meyerowitz

CRUMBED CHICKEN

8 chicken portions

4 tablespoons oil

1 egg, beaten

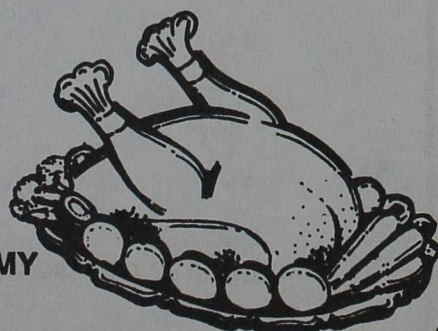
1 teaspoon salt

1 teaspoon paprika

1/4 packet cornflakes, crushed

Dip chicken portions in oil and egg mixture and shake in bag containing crushed cornflakes, salt and paprika. Place on greased baking sheet and bake at 180°C - 200°C for about 45 minutes or until golden and tender. (Alternate coating: mayonnaise and seasoned breadcrumbs)

Sandy Bendix



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Chirpy Chicken

SHERYL'S ORANGE CHICKEN

1 chicken, cut into portions
seasoned flour

Sauce:

4 tablespoons apricot jam
3 teaspoons mustard powder
1 cup orange juice
1/4 teaspoon ginger

Dip chicken portions in seasoned flour. Boil sauce ingredients and pour over chicken 3/4 way through cooking period.

PINEAPPLE CHICKEN

1 cooked chicken, cut up

Sauce

1 tin (445g) pineapple pieces
1 tablespoon soya sauce
1 tablespoon maizena
2 teaspoons vinegar
2 teaspoons brown sugar
1/4 teaspoon ginger

Whisk sauce together over medium heat, pour over chicken and simmer until sauce thickens and chicken heats through.

Elaine Eitzman

APRICOT CHICKEN

2 roast chickens

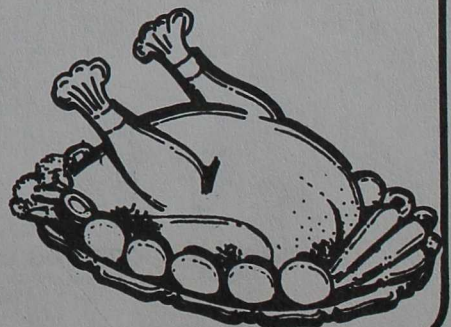
Sauce

822 g tin apricots
juice and rind of 1 orange
2 tablespoons golden syrup
1 teaspoon ground ginger
1 teaspoon soya sauce
1 tablespoon lemon juice

Cut chicken into portions - place in casserole dish. Sieve apricots with juice, add other ingredients and bring to boil. Pour sauce over chicken. Simmer in oven for 20 minutes (first 10 minutes with lid on - last 10 minutes with lid off).

Cavalcade Cookbook

This page is sponsored by JESSIE KAPLAN



Chirpy Chicken

BABY CHICKEN WITH PEACHES

4 baby chickens
Cardin
salt and pepper
peri-peri powder
garlic powder
1 large chopped onion

1 tin peaches
1/2 cup chopped parsley
grated nutmeg
2-3 cups sherry
2 teaspoons maizena (optional)

Cut large squares of foil for each chicken. Brush chicken with Cardin, sprinkle with spices, place in foil with onion and parsley packed around. Double-fold the foil and place in roaster. Roast 20 minutes at 200°C, then lower to 180°C, open foil and allow chickens to brown. 15 minutes before serving, place peaches around chicken. Pour half to three-quarter cup sherry over each chicken, having dissolved maizena in sherry for thicker sauce. Serve on bed of hot rice, pour over sherry sauce and arrange peaches around chicken.

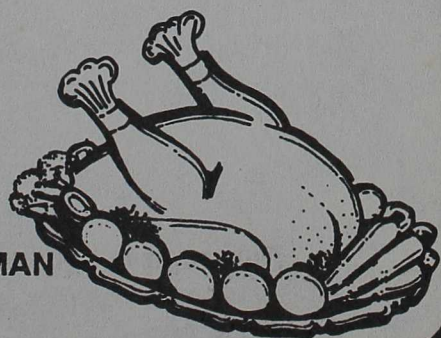
CHIRPY CHICKEN

1 raw chicken, cut up
2 onions
1 apple
60 g Cardin
1 level tablespoon curry powder
1 level tablespoon flour
1 level tablespoon borrie (turmeric)
1/4 level teaspoon ginger
good pinch pepper

salt
2 teaspoons sugar
2-3 cups water or stock
little chopped celery
2 tablespoons sultanas or raisins
2 teaspoons apricot jam
1 dessertspoon chutney
1 dessertspoon lemon juice

Fry onion and apple in Cardin. Stir in curry powder and flour and cook 3 minutes. Add borrie, ginger, pepper, salt and sugar. Gradually add water or stock. Bring gradually to boil and add chicken. Add remaining ingredients. Turn down heat, cover pot and simmer until tender. Stir once or twice in cooking to prevent sticking.

Variations: add 1 sliced banana, pine chunks, Orley Whip.



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Chirpy Chicken

CHICKEN KEBABS WITH SWEET AND SOUR SAUCE

8 chicken kebabs
salt and ground black pepper
1 green pepper, chopped
1 small can pineapple chunks
8 pickled onions sliced

2 tablespoons tomato sauce
1/2 cup brown vinegar
1 tablespoon soya sauce
1/2 cup sugar
2 tablespoons cornflour mixed to paste
with a little water

Season kebabs with salt and pepper and grill in baking dish 8 minutes. Cook remaining ingredients in saucepan until thickened. Pour over kebabs and cook until tender.

SWEET AND SOUR SAUCE

250 ml tinned crushed pineapple
1 teaspoon ground ginger
1 tablespoon salad oil
2 tablespoons vinegar
2 tablespoons brown sugar
2 tablespoons cornflour

1 tablespoon brandy
1 tablespoon tomato sauce
1 tablespoon soya sauce
1/4 teaspoon salt
1 cup water
50 ml chopped onion

Sprinkle pineapple with ginger, saute in heated oil. Carefully mix rest of ingredients except brandy and onion. Stir over low heat until boiling and thickened. Just before serving, add brandy and onion and simmer 3 minutes. Spoon over chicken.

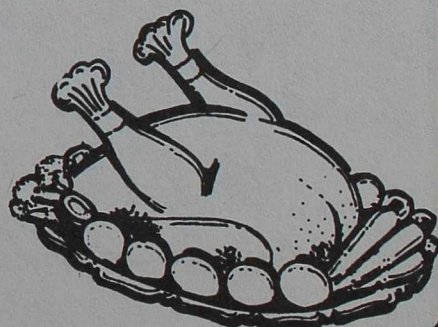
COLD CURRY MAYONNAISE CHICKEN

1 poached chicken
1 tablespoon chopped onion
2 teaspoons curry powder
1/2 cup water
1/2 small tin smooth apricot jam
1 cup mayonnaise

Simmer onion, curry, water and jam together for 5-10 minutes. Cool and strain. Add mayonnaise. Pour over skinned chicken portions or leave skin on chicken and serve sauce separately.

Ethel Widan

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WHOLESALE



Chirpy Chicken

SPICY CHICKEN LIVERS WITH RICE

500 g chicken livers
1 small onion, chopped
25 ml oil
25 ml parava margarine
1 green pepper chopped
1/2 teaspoon origanum
100 g mushrooms, chopped
120 ml white wine
salt and pepper

180 ml raw rice
425 ml water
12,5 ml oil
12,5 ml parava margarine

Heat oil and margarine and saute onions until golden brown. Add livers and saute over moderate heat, turning until lightly browned. Add green peppers, mushrooms, spices and cook for 5 minutes longer. Stir in wine and shake pan until well combined. Bring to boil and cook 1-2 minutes longer. In the meanwhile heat oil and margarine, stir in rice and add water. Cook until tender. Arrange cooked rice on a platter and pile liver mixture over.

Shifra Jowell

BARBECUE SAUCE FOR GRILLED CHICKEN

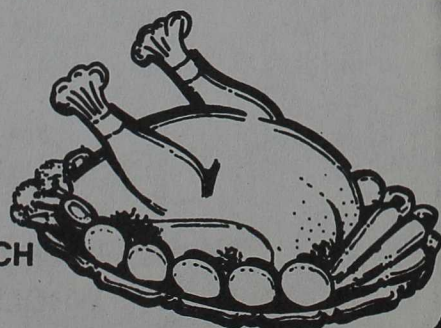
2 tablespoons brown sugar
2 tablespoons Worcester sauce
1/2 cup tomato sauce
1 tablespoon vinegar

dash tobasco
1 minced clove garlic
1/4 teaspoon dry mustard
1/4 teaspoon salt

Stir over low heat 5 minutes. Paint with pastry brush just before grilled chicken is ready. Watch carefully while it thickens so it does not burn. Can also be used over ready cooked chicken portions. Keeps in refrigerator for months.

Bertha Widan

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Mouthwatering Meat

ROSSINI MEAT ROLL

750 g steak mince

salt

1 egg

pepper

Filling

4 chicken livers, diced

200 g fresh mushrooms sliced

garlic salt

soya sauce

1/2 cup grated onion

1 cup white breadcrumbs

1/2 teaspoon salt

pepper

2/3 cup meat stock

2 teaspoons chopped parsley

Mix meat, egg, salt and pepper. Spread open on a sheet of glad wrap, about 1,5 cm thick.

Filling: Fry livers and mushrooms in a little oil, seasoned with garlic salt, for about 5 minutes. Add a few drops of soya sauce. Simmer for half-a-minute and remove from stove. Mix livers and mushrooms with rest of ingredients. Add half of the stock. If filling is not wet enough, add the rest of the stock very slowly. Spread filling over the mince. Roll mince by lifting plastic wrap from far end and pulling over slowly. Place roll into greased pan and rub oil over roll. Bake at 180°C for 1-1 1/2 hours. Serve accompanied by sauce.

SAUCE FOR ROSSINI MEAT ROLL

1 large finely diced onion

4 chicken livers, diced

2 tablespoons fat

2 tablespoon flour

1 pint beef stock

1 small tin sliced mushrooms

2 teaspoons soya sauce

seasoning

Fry onions in a little oil until golden brown, then remove from pan. In same pan add chicken livers and brown. In a separate pot heat fat until bubbling. Stir in flour until smooth paste. Remove from stove. Slowly stir in beef stock. Add the sliced mushrooms, soya sauce, seasoning and then the onions and chicken livers.

Cavalcade Cookbook

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ANOTHER EXCITING RECIPE FROM AMANDA!



CURRIED NOODLE SALAD



500 g Fatti's & Moni's Macaroni Dressing:

250 ml mayonnaise

10 ml curry powder

30 ml chutney

100 g seedless raisins

1 x 410 g can peach slices, drained and chopped

1 x 410 g can pineapple pieces, drained

1 small onion, finely chopped

1 green pepper, chopped

Method: Cook noodles together in fast boiling, salted water for: 12 — 15 minutes. Drain and cool under cold running water. Mix ingredients for dressing and pour over noodles, toss well. Toss the rest of the ingredients with the noodle mixture. Chill until ready to serve.

Serves 6 — 8.

Recipes tested in the Fatti's & Moni's Test Kitchen. For free advice on any aspect of pasta cookery write to: Fatti's & Moni's, PO Box 165, ISANDO 1600.

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FATTI'S & MONI'S

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Mouthwatering Meat

CHILI CON CARNE

1 kilo mince
3 onions, chopped
3 tomatoes skinned and sliced
2 green peppers, chopped
3 chilli peppers, chopped
1 425 ml tin tomato puree

1 teaspoon mixed herbs
1/2 teaspoon paprika
4 cloves crushed garlic
salt and black pepper to taste
1 teaspoon chilli paste
1/2 tin tomato puree (if necessary)

Saute mince in little oil in a pot. Pour off fat. Add remaining ingredients and cover pot. Simmer gently about 30 minutes or until vegetables are tender. If mixture gets too dry, add half a tin tomato puree mixed with water.

Liz Hodes

SPAGHETTI BOLOGNAISE

2 onions, grated
2 cloves garlic, grated
1 green pepper, chopped
500 grams steak cubes
1 1/2 kilo mince meat
salt and pepper

1 glass white wine
2 tomatoes chopped
little grated nutmeg
water
4 tablespoons oil

Brown grated onions and garlic and green peppers in oil for 5 minutes. Add meat, salt, pepper, white wine and tomatoes. Cover meat with water and add nutmeg. When oil comes to surface, simmer slowly for 2 hours. Serve on spaghetti.

Marilyn Moller

FRENCH STEAK

500 grams steak, cut into cubes
2 cups chopped onion
Sauce

2 tablespoons flour
2 teaspoons Worcester sauce
2 teaspoons vinegar

salt and pepper

2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon dry mustard

Season steak and place in casserole dish with onions. Mix sauce ingredients to a paste with cold water. Pour over meat and simmer in moderate oven, about 140°C for 3 hours.

Barbara Rosman

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Mouthwatering Meat

BEEF CURRY

2 kgs cubed stewing steak
20 ml curry powder
10 ml turmeric
10 ml ground coriander
10 ml ground ginger
10 ml sugar
salt and pepper
oil for frying
potatoes chopped

37,5 ml sultanas
250 ml apples peeled and
finely chopped
50 ml fruit chutney
4 lemon leaves (bruised to release
flavour)
2 cloves garlic finely chopped
1 onion finely chopped
410 g can whole tomatoes, drained
and chopped
water

Heat oil in a large saucepan and brown steak. In a bowl, combine curry powder, spices, sugar, seasoning, sultanas, apple and chutney, and add to saucepan. Mix well. Add lemon leaves, garlic, onion and tomato. Simmer covered until meat is almost tender. Approximately one to-one-and-a-half hours. Add reserved tomato liquid if curry becomes too dry. Add potatoes and cook further 30 minutes, adding more liquid if necessary. Serve on boiled rice with fried bananas rolled in coconut, diced pineapple, cucumber and onion salad. Serves eight

Goldie Norris

MONKEYGLAND MILLIONAIRE

8 steaks
Cardin and oil
Sauce:

2 large onions
salt and pepper
1 tablespoon A1 Sauce
1 tablespoon Chef Sauce
1 tablespoon HP Sauce
1 tablespoon Chutney
2 tablespoons tomato sauce

lemon pepper
salt

drop of white wine
1/2 tablespoon mild prepared mustard
1/2 teaspoon Worcestershire Sauce
1/2 teaspoon Heinz 57 sauce
1 1/2 teaspoons apricot jam

Pan fry steaks in cardin/oil mixture, add lemon pepper and set aside. Saute onions, add salt and pepper, then remaining ingredients. Pour over steaks and serve immediately.

Barbara Pezaro Newman

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PHARMACY**



Mouthwatering Meat

BEEF CASSEROLE

1 kilo cubed beef (goulash)
45 ml oil
1 large onion sliced
410 g tin tomatoes
2 cloves crushed garlic
lemon juice
7 ml grated lemon rind
25 ml red wine

1 bouquet garni
1 large aubergine cubed
salt and pepper to taste
125 ml black olives
25 ml cornflour
12,5 ml water mixed to paste

Brown meat, a little at a time in 30 ml of the oil. Transfer meat to a casserole dish. Brown the onion in the pan juices. Add the tomatoes and half the tomato juice from the tin, with the garlic, lemon juice and lemon rind. Stir in the wine and bouquet garni and bring to the boil. Spoon mixture over beef in casserole dish. Season to taste and cover. Bake for 1 hour at 140°C. Meanwhile fry the aubergine in remaining oil. Add aubergine, olives and cornflour paste to the casserole. Cook for a further 40-60 minutes, until the meat is tender.

Liz Hodes

SPICY POTROAST

1 onion
1½ kilos beef potroast
½ cup mayonnaise

seasoning
¼ cup chutney
½ teaspoon curry powder

Lightly saute meat and onion. Pour off excess oil, season meat and onion. Mix mayonnaise, chutney and curry powder and pour over meat. Simmer for 2 hours or more, basting every 30 minutes until tender. Serve gravy separately.

Cavalcade Cookbook

TOPSIDE IN FOIL

1 tin tomato paste
1 packet tomato soup
1½ kilo topside

Season meat. Coat with tomato paste and sprinkle with soup powder. Seal and cook until tender (2 hours)

Bertha Widan

*This page is sponsored by JANIE & SOLLY
KUSHLICK*



Mouthwatering Meat

LASAGNE

Meat Sauce

2 tablespoons oil
1 onion, sliced
2 garlic cloves (or garlic salt to taste)
500 g minced beef
1 teaspoon dried parsley
1 tin tomato soup
1 small tin tomato puree
salt, pepper to taste
2 bayleaves

Noodles

1 tablespoon oil
1/2 packet thin green noodles

Bechamel Sauce

1 onion, sliced
4 tablespoons oil
2 tablespoons flour
1 chicken cube
1/2 cup boiling water
2 egg yolks

Meat Sauce: In oil saute onion and garlic. Add mince and saute. Add parsley, tomato soup, tomato puree, water, salt, pepper and bayleaves. Stir and simmer over low heat approximately 20 minutes.

Noodles: Boil noodles in salted water for 20 minutes. Add oil to water. Drain and rinse in cold water.

Bechamel Sauce: Saute onion in oil. Quickly stir in flour. Dissolve chicken cube in boiling water and add. Stir to form smooth sauce. When sauce is thick, remove from heat and slowly fold in beaten egg yolks. In large ovenproof dish, layer noodles, meat and sauce. Bake at 180°C for 35 minutes.

Cavalcade Cookbook

QUICK MONKEYGLAND STEAK

One-and-a-half kilos thin steaks

Marinade:

2 tablespoons vinegar	2 tablespoons Worcestershire sauce
2 tablespoons chutney	1 big grated onion
2 tablespoons tomato sauce	1 teaspoon mustard powder

Saute steaks. Combine remaining ingredients, pour over meat and marinate for 4 hours or more. Cook in medium oven for 2 hours, turning meat every 30 minutes.

Bertha Widan

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MANUFACTURERS*



Mouthwatering Meat

BRISKET IN FOIL

1 kilo brisket
1/4 teaspoon pepper
1/4 teaspoon nutmeg
2 1/2 teaspoon salt

1 teaspoon prepared mustard
2 cups fresh breadcrumbs
1 tablespoon melted Cardin margarine
2 tablespoons chopped parsley

Place meat on foil, shiny side in. Season with salt and pepper. Combine rest of ingredients and press onto meat. Seal foil and roast for 2 hours or until tender. Open foil during last 30 minutes to brown meat.

Bertha Widan

ONION BEEF

1 to 2 cubes Telma Onion Soup
2 tablespoons chutney
2 tablespoons tomato sauce
1 1/2 - 2 kilos beef

2 tablespoons Worcestershire sauce
2 tablespoons soya sauce
water
peppercorns
bayleaves

Mix together onion soup, chutney, tomato, Worcestershire and soya sauces and add a little water. Pour sauce over meat, add peppercorns and bayleaves and roast uncovered at 180° (350°) till done. Approximately one to one-and-a-half hours.

Marcelle Rom

SWEET & SOUR MEAT

1 1/2—2 kilos brisket,
hump or tongue

Sauce:

1/2 litre water
1 diced onion
1 diced apple
6 prunes pitted and diced
6 dried apricots diced
2 sliced tomatoes

2 dessertspoons honey
juice of 1/2 lemon
1/2 teaspoon salt
1/2 teaspoon ginger
1/2 cup matzo meal

Cook meat as usual. Set aside to cool, then slice. Simmer sauce ingredients for 45 minutes. Pour over meat and reheat.

Barbara Rosman

*This page is sponsored by SYLVIA &
MICHAEL LEISEROWITZ*



Mouthwatering Meat

COCA-COLA ROAST BRISKET

1 fresh brisket
2 cloves garlic
1 onion
2 tablespoons vinegar
1/4 cup honey

1 cup coca cola
3 tablespoons tomato sauce
1 tablespoon salt

Liquidize sauce ingredients. Pour over brisket and marinate for about 3 hours. Bake in covered pan at 150°C for 4 hours.

Barbara Rosman

SHOULDER CHOPS IN WINE

6 chops
garlic salt
black pepper
1 chopped onion

1 tablespoon chopped parsley
1 1/2 tablespoons flour
1 cup dry white wine

Rub garlic salt and black pepper into chops. Saute and place in casserole. Saute onion and parsley until soft. Stir in flour. Gradually add wine. Cook sauce until it begins to thicken. Pour sauce over chops in casserole. Cover with foil lid and cook in medium oven for 20 to 30 minutes. Serve with minted peas, young potatoes and green salad.

Cavalcade Cookbook

LUVERLEY LAMB

roasting cut of lamb
salt
ground or lemon pepper
ground nutmeg
ground ginger
2 bay leaves

Sauce
3 large tablespoons smooth apricot jam
1 1/2 large tablespoons Bisto
1 cup orange juice
1 cup tomato sauce
1 teaspoon Worcestershire sauce

Rub salt, pepper, nutmeg and ginger into meat, add bay leaves and wrap tightly in double foil. Roast in medium oven for 2 — 2 1/2 hours.

Sauce: Mix jam, Bisto, orange juice, tomato sauce and Worcestershire sauce to a fairly thick mixture. When meat is ready, open foil and turn oven onto grill (broil). Cover one side of meat with half the sauce. Watch all the time until the sauce goes sticky and brown but before it burns. Turn meat and repeat. Serve immediately.

Cavalcade Cookbook

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LEWIS



Mouthwatering Meat

LAMB WITH MINTY/ORANGE SAUCE

deboned, rolled shoulder of lamb
salt and pepper
ground ginger
crushed garlic
rosemary
fresh orange juice

3 teaspoons sugar
1/2 cup finely chopped mint
1 tablespoon lemon juice
1 teaspoon grated orange rind
salt and pepper

Season lamb with salt, pepper, ginger, garlic and rosemary. Roast at 200°C for 1 — 1½ hours or until tender. Simmer remaining ingredients for one minute. Leave in the warmer for about an hour to allow flavours to blend. Serve with lamb.

Richella Mallach

FRUITY LAMB KEBABS

Sufficient lamb cubes for 8 kebabs
dried apricot halves
4 bananas sliced, sprinkled with
lemon juice
1/2 cup soya sauce

1 crushed garlic clove
1 teaspoon ginger
1/2 cup brown sugar
1/2 cup brown vinegar

Arrange meat, apricot halves and bananas on skewers. Mix remaining ingredients together and marinate the kebabs for 24 hours. Drain and bake in oven at 180°C for 10-15 minutes turning occasionally. Place under grill to brown.

Lorna Mallach

HAWAIIAN CHOPS

2 kilos lamb chops
1 tin pineapple rings
1 tin tomato puree
4 tablespoons grated onion
1 cup water
3 tablespoons vinegar
2 tablespoons Worcestershire sauce

1 cup pineapple juice
1/2 cup brown sugar
1 teaspoon salt
1 teaspoon paprika
1/2 teaspoon cinnamon
1/2 teaspoon cayenne pepper

Brown chops in oil. Place in ovenware dish. Mix remaining ingredients together and pour over the lamb chops. Bake in a moderate oven until the meat is tender. Before serving, place pineapple rings on top of chops and bake another 15 minutes.

Phillippa Wener

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LEWIS



Mouthwatering Meat

VEAL SCALLOPINE

500 g veal escalopes
salt and pepper
flour
onions
green peppers

1 tomato
127 g tin mushrooms
1/2 cup white wine
bayleaves and peppercorns

Beat veal thin. Sprinkle with salt, pepper and flour. Fry both sides till brown. Place in casserole and keep warm. Brown onion and peppers, add tomato, skinned and diced. Add mushrooms, wine, bayleaves and peppercorns. Boil together and pour over meat and place in 170°C oven for 1 hour.

Cavalcade Cookbook

VEAL ROAST

1 veal roast
2 lemon halves
ground black pepper
garlic salt

basil (optional)
lemon juice
1/4 - 1/2 cup white wine.

Rub veal with pieces of lemon. Sprinkle with black pepper, garlic salt and basil. Pour lemon juice over meat and add white wine. Cover with foil and roast at 200°C for 30 minutes. Reduce heat to 180°C and continue roasting until tender, turning regularly. Uncover and allow to crisp.

TONGUE CHASSEUR

1 sliced tongue (pre-boiled)
1 onion
1 to 2 teaspoons prepared mustard

1 teaspoon cinnamon
1 x 283 g tin button mushrooms
1/2 cup sherry

Cook onion till transparent. Add mustard and cinnamon. Add tongue slices and simmer for 15 minutes. Transfer tongue slices and sauce to a casserole. Pour over mushrooms and sherry. Reheat in oven.

Cavalcade Cookbook

This page is sponsored by **PATSY & LES
MARCOW**



Mouthwatering Meat

TONGUE IN MUSTARD SAUCE

1 fresh tongue

onion, allspice, bayleaves

Sauce:

1/2 cup brown sugar

3 teaspoons flour mixed with water

1/2 cup white vinegar

1/2 teaspoon salt

1/4 cup mustard powder

1 cup mayonnaise

3/4 cup water

juice of 1/2 lemon

2 tablespoons oil

The day before, combine sugar, vinegar, mustard diluted in water, oil, salt and flour paste. Boil in double boiler for 45 minutes. Remove from stove and allow to cool. Add mayonnaise and lemon juice and set aside. Next day, boil tongue with onion, allspice and bayleaves. Slice, pour over tongue and bake at 180°C for 45 minutes.

Ros Novos

TUTTI - FRUTTI TONGUE

1 pre-boiled or pickled tongue

125 g prunes soaked and stoned

1 tablespoon chicken fat

56 g split almonds

1 tablespoon flour

1/4 teaspoon ground cloves

1/2 cup cider vinegar or

1/4 teaspoon ground cinnamon

tarragon vinegar

1/4 teaspoon mixed spice

125 g sugar

1/4 cup red wine

84 g seedless raisins

Slice tongue. Melt fat, stir in flour, add vinegar, sugar, raisins, prunes, almonds, spices and wine. Add tongue slices to sauce and simmer gently for 15 minutes.

Cavalcade Cookbook

This page is sponsored by **MARY & DAVID**
MARCUS



GANT'S

CANNED FRUIT IN HEALTHY NATURAL JUICE

GANT'S HAS A RANGE OF CANNED FRUIT IN NATURAL FRUIT JUICE
WHICH CONTRIBUTES TO HEALTHY EATING HABITS

THE ADVANTAGES OF CANNED FRUIT IN NATURAL FRUIT JUICE ARE:

- No sugar or artificial sweeteners have been added. Therefore it is suitable for people on a restricted diet, or those who are watching their weight.
- No preservatives are added.
- The kilojoule content of this new range is much lower than that of canned fruit in syrup or sweetened fruit juice. In general



- the fruit in natural fruit juice contains 200 kilojoules (50 calories) per 100 g (per one third cup of fruit with juice). One can (410 g) contains 800 kilojoules (200 calories).
- Export quality fruit is used.
 - The natural fresh fruit flavour is now available throughout the year. Availability is no longer limited by seasonal fluctuations.

THE RANGE CONSISTS OF: PEARS, PEACHES, APRICOTS, GUAVAS & FRUIT COCKTAIL

**THIS IS A DELICIOUS, HIGHLY NUTRITIOUS
PRODUCT WHICH IS AVAILABLE
THROUGHOUT THE YEAR**

GANT'S

The fine foods family.



Scrumptious Salads

PASTA AND CELERY SALAD (serves 4)

125 g spaghetti (or other pasta e.g. shell noodles)
2 teaspoons tomato puree
6 tblsp. French dressing
salt and freshly ground black pepper
4 sticks table celery - chopped
1 green pepper - de-seeded and thinly sliced
1 onion - finely chopped
30 g broken walnuts or pecan nuts
6 - 8 lettuce leaves

Cook pasta in boiling salted water. Drain, mix with tomato puree and dressing and allow to cool. Mix with celery, green pepper, onion and nuts. Line a bowl with lettuce leaves and spoon in salad.

Marilyn Friedland

EXOTIC LAYERED SALAD

1 chopped lettuce	Mayonnaisse
2 sticks celery, chopped	1 cup grated cheddar cheese
4 spring onions, chopped	chopped parsley
2 cups frozen peas	4 hardboiled eggs, chopped
6 whole chestnuts, chopped	

Layer above ingredients in order 1 to 5 in glass bowl. Spoon a layer of mayonnaisse over the chestnuts and sprinkle cheese, parsley and eggs, in that order. Chill.

Avril Rom

LEEK AND TOMATO SALAD

1 bunch leeks, thinly sliced
3 - 4 tomatoes, thinly sliced
1 bottle Italian or Greek salad dressing.

Alternate leeks and tomatoes in airtight container. Pour over dressing. Close and refrigerate for 24 hours. Turn container regularly.

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Scrumptious Salads

VITALITY SALAD

1 stick celery
2 apples
1 tablespoon raisins
lemon juice to taste
salt and pepper

1 tablespoon chopped nuts
1 tablespoon chopped dates
1 tablespoon honey
1 small Bulgarian yoghurt

Slice celery thinly. Core apples and cut into small pieces. Place in bowl, sprinkle with lemon juice and season with salt and pepper. Add raisins, nuts and dates. Beat honey with yoghurt. Pour over salad and toss.

Stephanie Miller

PALM HEART SALAD

1 tin palm hearts
3 celery sticks
3 carrots
1 pineapple

2 apples
1/2 cup mayonnaise
1/2 cup natural yoghurt

Cut salad ingredients into thin strips. Combine mayonnaise and yoghurt. Mix with salad and toss well.

Karen Jossel

RED CABBAGE AND APPLE SALAD

1 red cabbage, shredded
3 Golden Delicious apples, diced

salt to taste
1/3 cup sultanas
1/3 cup walnuts or pecans

Mix apples with cabbage and sprinkle with salt. Stir in sultanas.

Dressing:

1 tablespoon sugar
1/2 cup mayonnaise

1 cup whipped cream
2 - 2 1/2 teaspoons lemon juice

Combine dressing ingredients and lightly fold into salad. Just before serving, sprinkle with nuts.

Moira Frank

CABBAGE AND BEETROOT SALAD

4 cups shredded cabbage
2 cups grated cooked beetroot
1/2 cup horse radish
1 cup sugar

vinegar to cover
1/2 teaspoon black pepper
1/4 teaspoon paprika
1 1/2 teaspoon salt

Mix all ingredients thoroughly. This salad keeps indefinitely.

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LEON MARKOVITZ*



Scrumptious Salads

CABBAGE AND CELERY SALAD

- | | |
|--------------------------------|--------------------------|
| 1 green pepper, chopped | 2 cloves garlic, crushed |
| 1 stick celery, sliced | 1/2 cup oil |
| 1/2 cabbage, shredded finely | 1/2 cup sugar |
| 2 large cloves garlic, crushed | 1/2 cup vinegar |
| | onion salt |
| | salt to taste |

Toss salad ingredients into dressing. Refrigerate 24 hours before serving.

Linda Abrahamson

CABBAGE AVOCADO SALAD

- | | |
|---------------------------------|-------------------------------|
| 1 tablespoon sunflower seeds | Dressing: |
| 2 tablespoons raisins | 1 tablespoon mayonnaise |
| 1/4 cabbage, shredded and oiled | 1 tablespoon drinking yoghurt |
| 1/2 avocado cut into cubes | 1 teaspoon honey |
| 1 tablespoon parsley | |

Mix all ingredients well. Garnish with slices of avocado and finely chopped parsley.

Laura Radomsky

BANANA COLESLAW

- | | |
|-----------------------------|----------------------------|
| 4 - 5 bananas thinly sliced | Dressing: |
| 1/2 green cabbage, shredded | juice of 1 large lemon |
| 1/4 cup chopped peanuts | 1/4 cup mayonnaise |
| lemon juice | 2 tablespoons castor sugar |
| | 1/2 teaspoon celery salt |
| | 1/4 teaspoon onion salt |
| | 1/4 teaspoon garlic salt |

Sprinkle a little lemon juice over sliced bananas. Mix dressing ingredients together and pour over shredded cabbage and sliced bananas. Mix in peanuts.

Bertha Widan

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GERSHON MAZE*



Scrumptious Salads

RICE SALAD

- 2 cups cooked rice
- 1 425 gram tin peaches, drained and chopped
- 2 tomatoes, skinned and chopped
- 2 tablespoons chopped green pepper

Dressing:

- $\frac{3}{4}$ cup mayonnaise
- 2 tablespoons chutney
- $\frac{1}{2}$ teaspoon curry powder

Mix dressing and pour over combined salad ingredients.

Bertha Widan

ASPARAGUS SURPRISE SALAD

- | | |
|-------------------------------------|--------------------------|
| 1 tin asparagus salad cuts, drained | 2 tablespoons mayonnaise |
| 1 pineapple, roughly grated | salt and pepper |
| 4 hard boiled eggs, chopped | |

Combine asparagus cuts, pineapple and eggs. Season and combine with mayonnaise.

Cavalcade Cookbook

RELISH SALAD

- | | |
|---|--|
| 1 cup shredded red cabbage | 1 teaspoon salt |
| 1 $\frac{1}{2}$ cups shredded green cabbage | 1 large clove garlic minced |
| $\frac{1}{4}$ cup sliced onion | 2 teaspoons sugar |
| 1 cup grated raw beetroot | $\frac{1}{4}$ cup mayonnaise |
| 2 tablespoons lemon juice | $\frac{1}{4}$ tspn freshly ground black pepper |
| 1 tablespoon vinegar | |

Combine all ingredients in bowl. Mix lightly until well blended. Chill.

LETTUCE SALAD

- | | |
|----------------------------|----------------------------|
| 1 lettuce, shredded | 1 onion, sliced into rings |
| 1 punnet mushrooms, sliced | 1 teaspoon mustard powder |
| 1 tin green peas, drained | mayonnaise |

Mix lettuce, mushrooms, peas and onions in bowl. Stir in mustard powder and enough mayonnaise to combine well. Chill.

Shifra Jowell

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MELMAN**



Scrumptious Salads

BABY MARROW AND MUSHROOM SALAD

5 baby marrows, sliced into rings
1 punnet small mushrooms sliced

1 medium onion, chopped
1 bottle Italian salad dressing

Boil marrow rings for about 3 minutes until tender but still firm. Mix with mushrooms and onion. Pour over salad dressing and toss. Chill well.

Shifra Jowell

SWEET CORN AND AVOCADO SALAD

1 tin sweet corn kernels, drained
lemon juice
black pepper

1 avocado pear, mashed
salt

Mix all together well and refrigerate.

Marilyn Moller

CAULIFLOWER AND SWEET CORN SALAD

1 head cauliflower, broken into
flowerettes
1 tin sweet corn kernels, drained
1 bunch celery, chopped roughly
1 bunch spring onions, chopped
roughly
1/2 green peppper, chopped
plenty alfalfa sprouts
1 bottle low-calorie cucumber or
avocado dressing

Combine salad ingredients and pour dressing over.

CAULIFLOWER SALAD

1 head cauliflower, broken into
flowerettes
1/2 cup finely chopped onion
1 cup chopped parsley
1 cup mayonnaise

1 tablespoon honey
1/2 cup sour cream or yoghurt
salt and ground pepper to taste

Blanch cauliflower in boiling water for 5 minutes. Combine rest of ingredients and pour over.

Stephanie Miller

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MEYEROWITZ*



Scrumptious Salads

SPICY CAULIFLOWER SALAD

1 medium cauliflower (or frozen)
125 ml French dressing
1 tablespoon chopped pickled
cucumber

125 ml mayonnaise
1 hardboiled egg, grated

Break cauliflower into flowerettes. Cook in boiling water for 10 minutes until cooked but still crisp and drain. Combine all other ingredients and pour over cauliflower. Toss until coated and chill before serving.

Beryl Verblun

CAULIFLOWER AND BEAN SALAD

500 grams fresh or frozen cauliflower
500 grams fresh or frozen green beans

If frozen, run under cold water. If fresh, parboil but MUST be crisp.

Dressing:

1 cup salad dressing (Greek or Italian)
1 hard boiled egg
40 grams Feta cheese

Liquidize ingredients and pour over cauliflower and beans.

Moira Frank

GREEK SPINACH SALAD

Spinach
lettuce
2 spring onions
3 ripe avocado pears
juice of 1 lemon
1 cucumber
Feta cheese
black olives
cubed bread or toast

Dressing:
50 ml oil
100 ml white vinegar
1/2 teaspoon sage
1 teaspoon mustard powder
1 teaspoon sugar
1 teaspoon salt
1 teaspoon freshly ground pepper

Tear spinach and lettuce into pieces. Chop spring onion. Cube avocado and pour lemon juice over. Slice in cucumber. Sprinkle over the Feta cheese and black olives. Combine dressing ingredients and pour over salad.

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MOLLER & SANDRA HOFFMAN**



Scrumptious Salads

CHINESE SPINACH SALAD

300 g fresh spinach
125 grams fresh button mushrooms
2 hard boiled eggs, grated
250 gram tin water chestnuts
125 grams large bean sprouts

Dressing:
1 small onion, minced
 $\frac{1}{3}$ cup tomato sauce
 $\frac{3}{4}$ cup salad oil
1 teaspoon salt
 $\frac{1}{4}$ cup vinegar
1 teaspoon Worcestershire sauce

Tear spinach into small pieces and mix with other salad ingredients. Mix together dressing ingredients and pour over salad just before serving and toss well.

Moir Frank

THREE BEAN SALAD

1 tin butter beans
1 tin baked beans
1 tin green beans (or frozen, cooked slightly)

1 green pepper, chopped
1 onion, chopped
15 ml parsley, chopped

Dressing:

125 ml brown sugar
5 ml dry mustard

125 ml oil
125 ml vinegar

Drain butter beans and green beans. Stir all beans together with onion, green pepper and parsley. Mix ingredients for dressing, pour over salad and refrigerate for at least four hours before serving.

Shifra Jowell

BUTTER BEAN SALAD

1 tin butter beans, drained
1 large tomato, chopped into cubes
chopped parsley
2 hard boiled eggs, chopped
1 medium onion, chopped

Dressing:
1 tablespoon oil
 $\frac{1}{2}$ cup vinegar

Mix salad ingredients. Combine oil and vinegar and pour over salad. Toss carefully.

Hilda Mallel

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Scrumptious Salads

PUNCHY POTATO SALAD

5 - 6 potatoes

oil

lemon juice

mustard powder

sugar

salt and black pepper

2 tablespoons chopped pickled
cucumber

2 tablespoons chopped spring onion

1 - 2 apples, chopped

$\frac{3}{4}$ cup mayonnaise

2 hardboiled eggs, chopped
parsley or chives

Boil potatoes in jackets until tender but firm. Peel and dice roughly. Sprinkle with oil and lemon juice, mustard powder, sugar, salt and black pepper. Add cucumber, onion, apple and eggs. Mix with mayonnaise and decorate with slices of hard boiled egg, parsley or chives.

Alternate Dressing:

$\frac{1}{2}$ cup mayonnaise

1 teaspoon vinegar or lemon juice

1 teaspoon prepared mustard

$\frac{1}{2}$ teaspoon sugar

Bertha Widan

WALDORF SALAD

6 red skinned apples, cored and diced

6 stalks celery, diced

$\frac{1}{2}$ cup pecan nuts, chopped

lemon juice (optional)

$\frac{3}{4}$ cup mayonnaise or

$\frac{1}{2}$ cup mayonnaise and

$\frac{1}{4}$ cup yoghurt

Toss together and serve on a bed of lettuce.

Pam Stern

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MICHAEL MILLER**





Vital Vegetables

BABY MARROWS IN TOMATO SAUCE

2 onions, thinly sliced
2 tablespoons butter
1 tablespoon oil
baby marrows, sliced

1 clove garlic, chopped
pepper & paprika
2 tomatoes, skinned & sliced
1/2 cup tomato sauce

Saute onions in butter and oil. Add remaining ingredients in order given. Add tomato sauce last when tomatoes have softened.

Linda Barnett

CARROTS ISRAELI STYLE

1 kilo carrots, sliced
3 stalks celery
1/2 large onion, diced
1 teaspoon dill, chopped (or use dried)

50 g butter
3/4 cup dry white wine
1/4 cup sugar

Dice celery including some celery leaves. Combine all ingredients and cook over low heat till tender.

STEAMED CARROT PUDDING

60 g butter or margarine
1-1/2 cups flour
1 cup grated raw carrots
1 tablespoon sugar

1 teaspoon mixed spice
1 cup raisins or sultanas
salt
1 teaspoon bicarbonate of soda

Melt shortening. Dissolve bicarb in a little hot water. If necessary thin mixture with water or milk. Mix all ingredients. Steam for 2 hours. Honey or syrup may be used instead of sugar.

L Menn

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**Goodness you can see . . .
Freshness you can taste!**

Table Top

**A complete range
of
Frozen Vegetables**

Vital Vegetables

HEALTH RICE

2 cups rice (preferably unpolished rice)

1/2 cup Bran

1 1/2 tsp. salt

5 cups water

Boil everything together for 15-20 minutes. Rinse in a colander. Before serving add some chopped parsley (contains vitamin C & D). Steam before serving.

Jill Rabie

SPANISH RICE

1 onion, chopped

2 tablespoons oil

1 cup rice

1 tablespoon parsley, chopped

1 green pepper, chopped

3 cloves garlic

1 tablespoon tomato paste

1 chicken cube

2 cups boiling water

Fry onion in oil till light brown. Add rice and fry gently. Then add parsley, green pepper and garlic. Dissolve tomato paste and chicken cube in water. Add to rice and cook slowly until all liquid is absorbed.

Hilary Joffe

VEGETABLE RISOTTO

60 ml onion, chopped

2 cloves garlic, crushed

75 g margarine

500 g baby marrows/green beans

125 ml white wine (Optional)

Seasoning

400 g tin tomatoes

500 ml brown rice

1,25 L vegetable stock

125 ml cheddar cheese (finely grated)

In a large pan saute onion and garlic in 3/4 of margarine. Add sliced marrow or beans and cook, stirring occasionally until lightly browned. Stir in wine, seasoning, tomatoes in juice and bring to boil. Add rice, reduce heat and stir-cook for 5 mins. before adding 1/3 of stock. Allow to simmer, stirring occasionally with fork and adding more stock as required until rice is tender but still firm. Stir in remaining margarine and cheese. Cook for 1 min. and spoon into warm serving dish.

Diana Sussman

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MUNITZ**



Vital Vegetables

RITZY RISSOTO

oil
rice
boiling water
chicken cube or vegetable soup
2 skinned tomatoes, chopped
saffron or borrie

mushrooms
fried pine kernels
green peppers
hard boiled eggs
black olives

To make rice: Use 3 tablespoons oil to every 1 cup of rice. A good idea is to mix the brown and white rice together. Heat 3 tablespoons oil, wash and drain rice, add 2 cups boiling water (one cube chicken or vegetable soup could be added to the boiling water). Reduce heat to a minimum and cook rice till soft. Add skinned tomatoes, saffron or borrie, lots of big black mushrooms which have been fried in oil (or butter), fried pine kernels and green peppers. Garnish with sliced tomatoes, hard boiled eggs and black olives.

Lolita Aaron

SPECIAL GREEN BEANS

500g beans

2 tablespoons butter
1/2 cup chopped onion
1/4 cup chopped celery

1 clove garlic
1/2 teaspoon basil
1/2 teaspoon rosemary

Cook beans in small amount of water for about 5 mins. Drain. Stir in remaining ingredients. Cover and cook for 10 mins longer or until beans are soft.

Linda Barnett

GREEN BEAN & MUSHROOM CASSEROLE

500 g mushrooms, coarsely chopped
1 onion, finely chopped
1/2 cup (125 ml) butter
1/4 cup flour
2 teaspoons soya sauce
750 g frozen green beans

2 cups warm milk
1 cup light cream
3/4 cup cheese
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup blanched slivered almonds

Saute mushrooms and onion in butter. Add flour and cook till smooth. Add warmed milk and cream while stirring. Add grated cheese, soya sauce, salt and pepper. Simmer until cheese melts. Cook beans and add. Pour into casserole. Sprinkle with blanched slivered almonds which have been fried in butter until light brown. Bake 20 mins. in moderate oven. Delicious served with fish. Reheats well.

Bertha Widan

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NORRIS**



Vital Vegetables

MUSHROOM CASSEROLE

garlic salt	125 ml cream
1 1/2 kilos fresh mushrooms (sliced)	salt
1 1/2 cups grated cheese	pepper
2 tablespoons butter	1 tablespoon Sherry
2 tablespoons flour	potato crisps
1 cup milk	

Fry mushrooms in butter, seasoned with garlic salt, for about 5 minutes and place in buttered pyrex dish. Melt butter in saucepan; when bubbling add flour. Remove from stove and gradually stir in milk, a little at a time, until all has been used. Return to stove and stir until thickened. Add cream, seasoning and sherry. Pour sauce over mushrooms, sprinkle with cheese and crushed chips. Bake at 200°C for 15-20 minutes.

Cavalcade Cookbook

POTATO PUDDING

6 potatoes	1 teaspoon baking powder
1 onion	1 dessertspoon salt
2 Tablespoons oil	1 slice bread
1 egg (beaten)	cinnamon and sugar

Grate potatoes and onion. Strain off liquid. Soak slice of bread in liquid and squeeze out. Add all ingredients and spoon into greased casserole dish. Dot margarine or schmaltz on top. Bake open at 180°C for approximately 1 hour till browned on top.

Barbara Rosman

VEGETABLE POTATO BAKE

3 - 4 leeks, sliced	salt & pepper
8 carrots, sliced	375 ml (1 1/2 cups) chicken stock
8 potatoes, sliced	

Grease a souffle dish. Season and layer vegetables in dish, ending with layer of potatoes on top. Pour over chicken stock. Bake uncovered at 180°C for 1 hour. If potatoes are browning too quickly, cover with foil towards end of cooking period.

Hazel Berman

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NOVIS**



Vital Vegetables

BAKED MUSHROOM SURPRISE

- | | |
|---|---|
| 60 g butter | 2 ml origanum |
| 8 large Mushrooms - stems removed
but kept and chopped | 100 g walnuts - chopped - or
sunflower seeds |
| 1 medium onion, chopped | salt & pepper |
| 1 clove garlic - chopped | 125 ml cream |
| 50 ml lemon juice | 50 ml grated Parmesan cheese |
| 80 g fresh bread crumbs | chopped parsley |

Melt butter and saute mushroom stems, onion and garlic. Add lemon juice, bread crumbs, origanum, walnuts and seasoning. Cook for 2 minutes. Place mushrooms on greased dish. Stuff mushrooms with mixture. Pour cream over each mixture and dust with Parmesan cheese. Bake in preheated oven at 200°C for 20 minutes. Serve hot, sprinkle with chopped parsley.

Karen Jossel

NUT BOBOTIE

- | | |
|----------------------------------|--------------------------------|
| 2 chopped onions | 2 tablespoons seedless raisins |
| 1 tablespoon butter | 1 tablespoon vinegar |
| 2 cups finely chopped mixed nuts | 1 teaspoon Marmite |
| 1 tablespoon medium curry powder | 1 cup hot water |
| 2 cups grated carrots | 1 beaten egg |
| 1 cup white breadcrumbs | 1/2 cup dessicated coconut |
| 2 tablespoons apricot jam | salt & pepper |
| 1 teaspoon turmeric | |
| <i>Topping</i> | |
| 3/4 cup milk | |
| 1 egg | |
| 4 bay or lemon leaves | |

Lightly saute onions in butter. Remove from heat and add the rest of the ingredients, adding Marmite mixed in water last. Pour into well greased casserole dish. Bake 160°C for 30 minutes. Remove from oven. Beat milk and egg together, pour over bobotie, insert leaves and return to oven. Switch off oven and bake until top turns brown.

Bertha Widan

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NUREK



Vital Vegetables

MUSHROOM POTATO & BRINJAL MOUSSAKA

1 medium onion, chopped or grated
1-2 cloves garlic
2 potatoes thinly sliced
1 tablespoon soya sauce
little water
1/2 cup chopped parsley
1 teaspoon mixed herbs
about 2 almonds per person

1-2 mushrooms per person
1 small or 1/2 big brinjal
2 teaspoons dried sage
pepper to taste
3 tablespoons cream
1/2 cup milk
flour - white or wholewheat
breadcrumbs or Weetbix

Oil pot. Saute onion and garlic. Add potatoes, soya sauce, a drop of water, parsley, herbs, almonds, mushrooms and brinjal, salt & pepper. Add water if too dry. Pour vegetables into casserole. Mix cream, milk and flour to make white sauce and pour over vegetables. Sprinkle with breadcrumbs or Weetbix. Bake at 180°C for 10 minutes.

VEGETABLE PIE

vegetables
margarine
1 vegetable or chicken cube
1/2 cup hot water
little maizena

2 - 3 eggs, beaten
sunflower seeds
little soya sauce
1 cup cheddar cheese, grated

Stir fry any vegetables, e.g. mushrooms, beans, brussel sprouts, butternut etc. in margarine. Dissolve cube in hot water and add. Dissolve little maizena. Mix all ingredients in an ovenproof bowl. Add beaten eggs. Sprinkle with sunflower seeds, soya sauce and cheese. Bake at 150°C for 3/4 hour.

CHEESEY VEGETABLE CASSEROLE

vegetables
oil
Herbamare salt

1 large smetena
1 cup grated cheddar cheese (or more)
paprika

Cut vegetables into bite size pieces (potato, sweet potato, butternut, mushroom, carrot, onion, brocolli, cauliflower, cabbage, courgette) and lightly fry in little oil. Add herbamare or preferred herbs and spices. Combine smetena and cheese. In a greased baking dish alternately layer vegetables and smetena - grated cheese mixture, ending with the latter. Sprinkle more cheddar cheese on top with paprika. Bake at 350°C for 1/2 hour.

Marilyn Moller

*This page is sponsored by HELEN & DON
OZINSKY*



Vital Vegetables

VEGETARIAN STUFFED CABBAGE LEAVES

1 cabbage

Filling:

1½ cups brown rice cooked in Telma vegetable stock

1 large onion chopped

1 stick celery chopped

1 green pepper chopped

150 g mushrooms chopped

50 g butter

100 g Gruyere or Cheddar cheese

5 ml sweet basil

salt & pepper

Saute onion, celery, green pepper and mushrooms in butter. Add cooked rice, cheese and seasoning. Blanch cabbage leaves and remove thick white stalk. Place large spoonful of filling into each cabbage leaf and roll up. Place in casserole dish.

SAUCE:

Large onion chopped

50 g butter

50 ml flour

1½ cups Telma vegetable stock

1 tin tomatoes

2 bouquet garni

2 bayleaves

salt & pepper

125 ml smetana

Saute onions in butter until glossy. Add flour and cook over medium heat until flour has turned a nut brown colour. Add all ingredients except smetana and simmer for 5 mins. Remove bouquet garni and bayleaves. Add smetana. Liquidise sauce until smooth. Pour over stuffed cabbage leaves. Place in oven at 160°C for 1 hour.

Karen Jossel

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PECK**



Delectable Desserts

SHERRY TRIFLE

Sherry

1½ packets Boudoir biscuits

1 tin Ideal milk, chilled

250 ml cream

1 vanilla instant pudding

1 cup milk

flaked almonds

cherries

Soak biscuits in little sherry. Beat cream and set aside. Beat Ideal milk and set aside. Mix pudding with milk, fold in Ideal milk and then cream. Layer boudoir biscuits and pudding mixture in attractive glass dish. Decorate with flaked almonds and cherries.

ECLAIR RING

125 g butter

1 cup water

1 cup flour

pinch salt

1 teaspoon baking powder

3 large eggs

Chocolate Glaze

45 g bitter chocolate

3 tablespoons cold water

30 g margarine

1-2 cups sifted icing sugar

Chocolate Filling

1 packet chocolate instant pudding

1 cup milk

250 ml sweet cream

Vanilla Filling

2 packets vanilla instant pudding

2 cups milk

250-375 ml cream

peaches

nuts, cherries

Bring butter and water to the boil. Remove from stove, add sifted flour, salt and baking powder all at one time and stir well. Return to stove and, while stirring, allow to cook for about one minute or until mixture forms a ball and leaves sides of pot cleanly. Cool slightly, add lightly beaten eggs gradually, beating all the time. Spoon onto baking tray in shape of a ring. Bake at 220°C for 25 minutes, then 180°C for 15 minutes. Split in half and allow to cool. Boil together chocolate, water and margarine for glaze until thick and creamy, add sifted icing sugar and mix. Beat together ingredients for filling and spoon into cooked bottom half of ring. Glaze top half of eclair ring, place on to filled lower half. Decorate with nuts and cherries.

Marlene Allul



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Delectable Desserts

STRAWBERRY PUDDING

1 - 2 packets Boudoir biscuits
Sherry
1 strawberry jelly
1 cup boiling water

1 punnet strawberries
2 sachets Orley Whip or 250 ml drinking yoghurt
meringues or macaroons
whipped Orley Whip or cream

Sprinkle biscuits with sherry and place in dish to form bottom layer. Dissolve jelly in boiling water and cool. Whip Orley Whip and set aside. Reserve a few strawberries for decoration and puree remainder. Fold Orley Whip and puree into jelly and pour over biscuit layer. Sprinkle with crushed meringues, chocolate and reserved strawberries and whipped Orley Whip.

Richella Mallach

STRAWBERRY MILLES FEUILLES

250 g Puff Pastry
1-1½ punnets strawberries
beaten egg
400 ml cream
castor sugar

Cointreau
10 ml red currant jelly
10 ml water
10 ml Maizena & little cold water

Preheat oven to 225°C. Chop up half of strawberries, cut remainder into halves in Cointreau. Divide pastry into three parts, prick and brush with beaten egg. Bake 10-15 minutes. Turn over and brown. Cool on wire tray. Retain crumbs. Trim to equal size. Beat cream and sweeten slightly with castor sugar. Add chopped strawberries and spread on top of each layer. Decorate with halved strawberries in rows. Heat together red currant jelly and water. Add maizena mixed with little cold water and thicken over heat. Allow to cool and use to glaze milles feuilles.

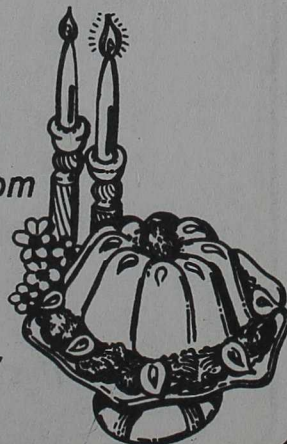
Audrey Suntup

LITCHIE PUDDING

1 tin litchies
1 packet pineapple jelly
2 sachets (1 box) Orley Whip

Drain and reserve litchie juice, boil together with jelly. Allow to cool. Fold in whipped Orley Whip and cut up litchies. Quantities may be doubled for a large dessert.

Avril Rom



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Delectable Desserts

MANGO DESSERT

2 to 3 sliced mangoes

1 small gooseberry or apricot yoghurt
juice of half a lemon

3 tablespoons vanilla ice-cream

1/2 teaspoon vanilla essence

crushed peanut brittle

Blend mangoes, yoghurt, lemon juice, essence and ice-cream together. Pour into dessert glasses. Sprinkle crushed peanut brittle on top. Serves 4.

Hazel Schulman

APRICOT CURD DREAMS

1 large tin apricots, drained

250 ml sugar

250 g smooth white cheese

125 ml whipped cream

Place all but a few apricots (reserved for decoration) into a blender with sugar and cheese. Blend until smooth, if necessary add a few tablespoons of apricot juice to give a smooth texture. Fold in stiffly whipped cream. Serve well chilled in individual dishes, each with one apricot on top.

Linda Bensohn

GINGER PUDDING

1 box Orley Whip (2 sachets)

1 packet caramel instant pudding

80 g ginger pieces in syrup (chopped)

80 g walnuts

1 tablespoon ginger syrup

Beat Orley Whip. Add powdered caramel pudding and beat well. Add walnuts, ginger and ginger syrup and beat again. Pour into fancy dish and allow to set.

Cavalcade Cookbook

BAKED PEARS

6 pears

1 small tin smooth apricot
jam

1 bottle orange juice (500 ml)

ginger to taste

Peel pears, leaving stalks intact, and place upright in baking dish. Boil apricot jam, ginger and orange juice on medium heat, stirring continuously until jam is smooth. Whilst sauce is still warm pour over pears and bake at 180°C until golden brown.

Sybil Washkansky



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Delectable Desserts

EXOTIC PEARS

3 cans pear halves
cocoa
4 egg yolks

140 ml icing sugar
4 tablespoons brandy
250 ml cream

The night before, drain pears well, fill each with a teaspoon of cocoa and toothpick two halves together.

Next day: Whip cream but ensure it is not too stiff. Beat egg yolks with icing sugar until white, add brandy and cream, place pears in a dish. Pour over mixture. Remove toothpicks carefully.

Lynn Wagenheim

MALVA PUDDING

1 egg
1/2 cup sugar
1 cup flour
pinch of salt
Sauce

1 cup sugar
1 cup milk
1/2 cup boiling water

1 tablespoon apricot jam
1 1/2 tablespoons vinegar
1 teaspoon baking powder
1 teaspoon bicarb
1 cup milk

125 g butter/margarine
1 teaspoon vanilla

Beat egg and sugar together, add all ingredients except milk. Mix well, add milk last. Pour into a greased baking dish. Bake for about 1 hour at 180°C. Remove from oven. Boil together sauce ingredients and pour boiling hot over pudding. Serve with whipped cream.

Lorna Mallach

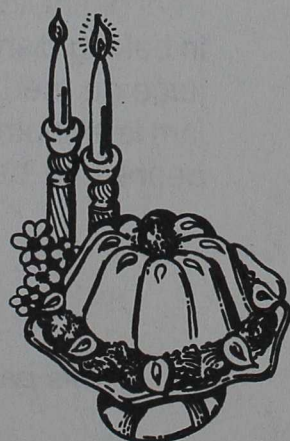
APRICOT JAZZ PUDDING

1 Swiss roll
1 tin Condensed milk
2 tablespoons lemon juice

1 large tin apricots
1 flaky chocolate
125 ml cream

Cut up Swiss roll and line a fairly large pyrex dish. Boil condensed milk and lemon juice until slightly thickened. Liquidise apricots, whip cream. Layer thickened condensed milk over Swiss roll. Add apricots and whipped cream and decorate with flaky chocolate.

Cilla Tonkil



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Delectable Desserts

APPLE DUMPLINGS WITH WALNUT SAUCE

350 g flaky or Shortcrust pastry
4 small cooking apples, cored
1 egg beaten
cinnamon
4 cloves

Sauce
60 g butter
60 g soft brown sugar
1½ tablespoons cream
60 g chopped walnuts

Roll out pastry and cut into four circles, each large enough for an apple. Place each apple onto a piece of pastry and fill the centre with cinnamon and a clove. Pinch together pastry to enclose apple. Brush pastry all over with egg and bake at 200°C for about 35 minutes or until golden brown.

Sauce: Heat butter and stir in sugar until dissolved. Add cream and nuts and bring to boil. Serve separately as an accompaniment to the dumplings.

Gail Aronson

APPLE BLINIS IN ORANGE SAUCE

Blinis

¼ cup oil
6 eggs
4½ cups water
3 cups flour
pinch of salt

Apple Filling

1 large tin pie apples drained

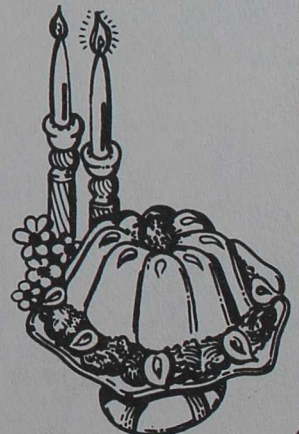
Sauce

125 g margarine
1 tablespoon flour
¼ cup brown sugar
¼ cup wine
¼ cup water
1 cup syrup
¼ cup orange juice
2 tablespoons lemon juice

Whisk blini ingredients together to make a thin consistency. In small heated pan, bake on one side only. Fill blinis with apple, fold up and place in ovenware dish.

Sauce: Melt margarine, add flour and stir till smooth. Remove from stove and add all other ingredients. Return to stove and boil through. Pour over blinis and bake in medium oven until hot.

Lorna Mallach



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Delectable Desserts

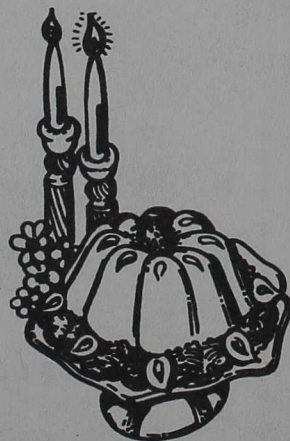
HOT FRUIT DESSERT

1 tin canned peaches
1 tin canned pears
1 tin canned pineapple
4 bananas

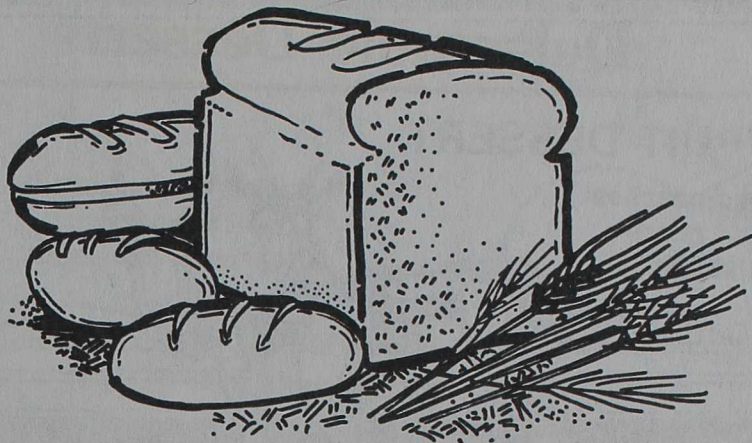
1 packet ginger biscuits
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon cinnamon

Drain all fruit, slice bananas and place in dish. Crush biscuits. Mix with cinnamon and sugar and sprinkle over fruit mixture - bake at 180°C for approximately 30-45 minutes.

Michelle Lewis



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Beautiful Breads

VEGETABLE LOAF

- 1 cup oil
- 1½ cups castor sugar
- 1 cup chopped walnuts, pecans or mixed nuts
- 1 cup finely grated raw carrots
- 1 cup coarsely grated raw beetroot
- 3 eggs, separated
- 2 cups flour
- salt
- 2 teaspoons baking powder
- 1 teaspoon cinnamon

Beat together oil and sugar, add nuts, carrots and beetroot and mix well by hand. Add egg yolks and mix well. Add sifted dry ingredients. Beat egg whites and fold into mixture. Bake in a lined, greased loaf tin (1 large or 2 small) at 180°C for approximately 1 hour.

Linda Bensohn

BEER BREAD

- 1 duple beer (room temperature)
- 1 packet self-raising flour (500 grams)
- ½ teaspoon sugar

Mix ingredients and bake in a greased bread tin at 200°C until crisp and brown on top, and there is a hollow sound when the bottom of the tin is tapped. Serve hot.

Caryn Berman

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Vital Vegetables

HUMBLE PIE

CRUST:

150 g Wholewheat flour
pinch salt
pinch dry mustard
5 ml. baking powder
75 g soft yellow margarine
45 ml. boiling water

Measure dry ingredients into a mixing bowl. Mix, make a well in the centre. Melt margarine and add boiling water. Pour into well and work into flour while hot. Grease a loose bottomed flat tin and work dough to shape of tin with fingertips. Bake blind at 180°C for 10 minutes.

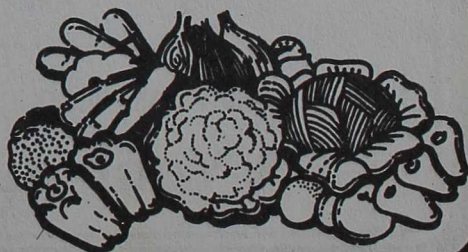
FILLING:

250 g smooth cottage cheese
2 eggs
45 ml. skim milk
30 g cheddar cheese - grated
100 g broccoli flowerettes - boiled
100 g carrot rings - boiled
150 g courgettes - boiled and sliced in
half lengthwise
salt & freshly ground black pepper to
taste

Combine cottage cheese and eggs and sufficient skim milk to give a thick creamy consistency. Season. Arrange broccoli flowerettes in pie shell to form outer circle. Make a second circle of overlapping carrot rings. Place sliced courgettes radiating from the centre. At the centre, place a carrot ring. Pour over cheese/egg mixture. Sprinkle with cheddar cheese and bake at 150°C for 25 minutes until set and golden.

Marilyn Friedland

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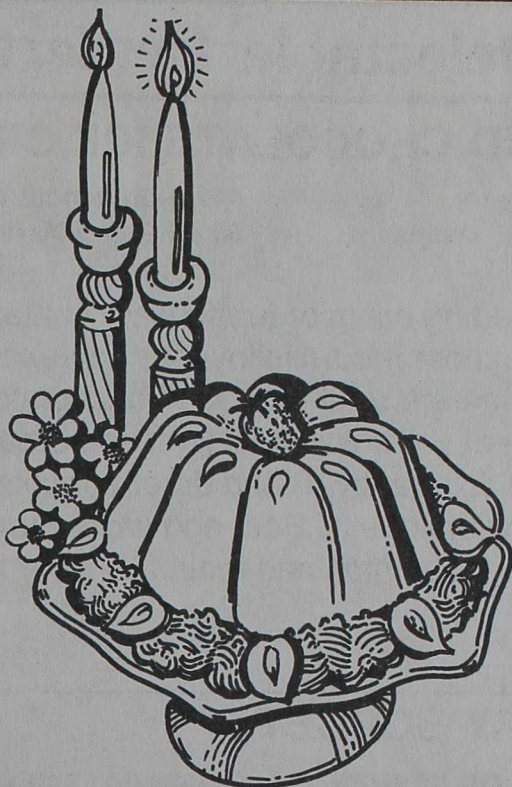
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HOME - MADE ICE CREAM

4 eggs, separated

250 ml cream

2 tablespoons castor sugar

1 tin condensed milk

1 teaspoon vanilla essence

Beat egg whites stiffly. Set aside. Whip cream and castor sugar. Add egg yolks, then vanilla essence and condensed milk. Lastly fold in egg whites. Set in freezer overnight. Can be made well in advance.

Liora Munitz

GRENADILLA AND PINEAPPLE ICE CREAM

750 ml cream

1 tin condensed milk

2 teaspoons vanilla essence

4 egg whites

1/2 cup sweetened grenadilla pulp

1/2 cup drained crushed pineapple

Beat cream until thick. Add condensed milk and vanilla essence. Stiffly beat egg whites and fold into mixture. Add grenadilla pulp and pineapple. Pour into mould and freeze.

Hazel Edison

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Delectable Desserts

APRICOT AND CHOCOLATE ICE CREAM BOMBE

2 litres vanilla ice cream

200 g dark chocolate, melted

4 eggs, separated

410 g tin apricot halves

50 ml Grand Marnier liqueur

Line a two litre pudding basin or tupperware container with ice cream. Refrigerate until almost hard. Hollow out any excess ice cream from centre and re-refrigerate until firm. Melt chocolate over boiling water without stirring. Beat yolks well until light and creamy and add melted chocolate beating constantly. Blend tin of apricots with juice and add to above mixture with liqueur. Beat egg whites until stiff and fold into chocolate mixture. Pour into lined mould. Freeze for at least 12 hours until firm.

Nava Lichtenstein

STRAWBERRY SORBET

Two-and-a-half cups cut up strawberries

$\frac{1}{2}$ - $\frac{3}{4}$ cup sugar

2 unbeaten egg whites

juice of $\frac{1}{2}$ lemon

Beat all ingredients together in mixmaster for 10 minutes, covering bowl to prevent splattering. Pour into mould and freeze. Quantities can be doubled.

Sheila Sacks

PARAVE CHOCOLATE CHIP ICE CREAM

2 eggs, separated

$\frac{3}{4}$ cup icing sugar

1 tablespoons vanilla essence

grated chocolate

2 sachets Orley Whip
(1 box)

Whisk egg whites until very stiff. Gradually whisk in icing sugar. In a separate bowl whisk egg yolks and essence. Pour egg yolk mixture into rest of mixture and whisk. Add 2 sachets of Orley Whip to the mixture and keep whisking until mixture rises and becomes firm. Fold in grated chocolate. Pour into a dish and freeze.

Lorraine Raskin

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Delectable Desserts

STRAWBERRY ICE-CREAM BOMBE

1,5 litres vanilla ice-cream
250 g hulled, sliced strawberries
75 g icing sugar

125 ml cream, whipped
1 egg white whisked

Blend strawberries and sugar, fold in cream and egg white. Soften ice-cream, using back of spoon dipped in boiling water and line mould. Fill with strawberry mousse. (Ice-cream can be flavoured with 5 m orange rind). Place in freezer. Unmould before serving.

CHOCOLATE MARSHMALLOW FRIDGE PIE

20 biscuits (Tennis, gingernut or mixed)
125 g margarine
18-20 marshmallows

200 or 250 g wholenut chocolate
1/2 cup milk
250 ml cream

Crush biscuits, add melted margarine and press crumbs into white pie dish. Melt marshmallows and chocolate in milk in a double boiler, stirring constantly. Cool well and add stiffly beaten cream. Pour mixture into base and refrigerate. When nearly set, decorate with cherries and angelica or vermicelli.

INSTANT CASSATA BOMBE

2 litre home-made parave vanilla ice-cream
1/4 cup cakemix
1 cup diced or glace fruit eg. 2 red cherries, 2 green cherries, 2 water melon, 1 pineapple, 2 figs, 2 ginger
1/4 cup brandy
2-3 glace figs to decorate

Smooth base and sides of CHILLED mould with ice cream, leaving centre unfilled. Freeze. Moisten mixed fruit and cakemix with brandy. Mix with enough ice cream to fill bombe. Spoon in almost to top of mould. Freeze. A few hours later, cover with layer of plain ice cream. Freeze overnight. Unmould onto chilled platter an hour or two before serving. Decorate with preserved figs sliced almost through and spread into flower shape. Cover loosely with foil and return to freezer until ready to serve.

Bertha Widan

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Delectable Desserts

CREME BRULEE

1 tin Ideal milk
2 packets vanilla instant pudding
250 ml cream

1 teaspoon vanilla
brown caramel sugar

Pour Ideal milk into mixmaster bowl. Empty pudding into bowl and beat, scraping sides. Add cream and vanilla and beat again. Pour into greased ovenproof dish and sprinkle over brown sugar. Place under grill for about 5 minutes until sugar melts and forms a crust. Watch carefully as sugar burns easily. Refrigerate when cool.

Meryl Myers

MERINGUE AND CREAM ROLL

4 egg whites
 $\frac{3}{4}$ cup castor sugar
 $\frac{1}{2}$ packet flaked almonds
1 teaspoon cinnamon

1 tablespoon sugar
250 ml cream
3 tablespoons icing sugar
 $\frac{1}{4}$ teaspoon vanilla essence

Beat the egg whites stiffly. Add castor sugar slowly. Grease medium size swiss roll tin with margarine. Line with foil, shiny side up and grease again. Spread meringue onto foil. Sprinkle with almonds, cinnamon and sugar. Bake 10 minutes at 180°C until slightly brown. Remove from oven, cover with foil and turn over carefully. Peel off the foil, which is now on top, while hot. Allow to cool. Beat cream, icing sugar and vanilla and spread over meringue. Roll up in thirds lengthwise. Freeze. Thaw in fridge on day of use.

Gayle Broudie

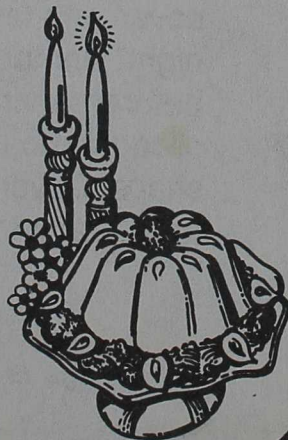
EXOTIC FRUIT WHIP

2 red jellies
2 cups boiling water
2 sachets Orley Whip (1 box)

1 tin (410 g) youngberries - drained and juice reserved
1 tin (390 g) mandarins - drained and juice reserved
1 tin (565 g) litchis - drained and juice reserved

Dissolve jellies in boiling water. Add some young-berry juice for colour and flavour and allow to cool. Whip Orley Whip until thick and stiff, combine with all the fruit and mix well. Fold in jelly mixture and mix to get a smooth consistency. Add a little of the mandarin and litchi juice and stir. Pour into a large attractive serving bowl and chill in fridge.

Marilyn Friedland



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Delectable Desserts

CHOCOLATE PUDDING

200 g butter or margarine
1 1/4 cup sugar
3 tablespoons cocoa
1/2 cup sherry

2 eggs, separated
1 teaspoon vanilla
1 cup self-raising flour

Melt butter, sugar, cocoa and sherry together in pot. Remove from heat, beat in egg yolks and vanilla and stir well. Reserve half a cup of mixture and set aside. To mixture in pot, add self-raising flour and stiffly beaten egg whites. Pour into greased ovenproof dish and bake at 180°C for 30 minutes. Pour over reserved mixture while pudding is hot.

Marcelle Almeleh

MOCHA RIPPLE

250 ml cream
2 teaspoons coffee
2 tablespoons brandy

1 packet chocolate instant pudding
milk

Whip cream until stiff. Dissolve coffee in brandy and fold into cream. Prepare pudding as on box. Into glass dishes alternately spoon two mixtures.

Variation: Coffee liqueur instead of brandy and coffee.

BLACK FOREST TRIFLE

1 red jelly
1 cup boiling water
1 chocolate swiss roll
1 tin black cherries, plus liquid
1 carton smooth white cheese

1 small tin condensed milk
1/4 cup lemon juice
125 ml cream
grated chocolate, nuts and cherries

Dissolve jelly in boiling water and cherry liquid, cool and allow to set slightly. In a glass dish, layer as follows: slices of swiss roll, half the jelly, cream cheese, black cherries, condensed milk mixed with lemon juice, second half of cake slices, second half of jelly to soak cake, whipped cream.

Topping: grated chocolate, nuts and cherries.

Shifra Jowell



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YOGHURT BREAD

4 cups Nutty Wheat flour
1 teaspoon salt
1 teaspoon bicarbonate of soda

500 ml Bulgarian yoghurt
1 tablespoon brown sugar

Mix all together. Place in a greased loaf tin and bake for 1 hour at 190°C on second shelf from bottom of oven. Sprinkle top with sesame and sunflower seeds, if desired..

Jill Stern

MUESLI BREAD

250 ml coarse wholewheat flour
250 ml muesli
250 ml self-raising flour
75 ml raisins
3 ml salt
5 ml bicarbonate of soda

500 ml buttermilk
75 ml sunflower seeds
75 ml linseed
100 g walnuts broken up (optional)
25 ml honey
sesame seeds for top

Mix all ingredients together and pat into greased loaf tin. Sprinkle with sesame seeds and bake for 70 minutes at 180°C. Test with skewer.

Karen Jossel

MOIST BUTTERNUT HEALTH BREAD

700 ml wholewheat flour
1 teaspoon bicarbonate of soda
1 teaspoon salt
8 tablespoons All Bran flakes
1 cup grated raw butternut
4 tablespoons ground almonds

1 tablespoon grated orange peel
2 tablespoons honey
2 tablespoons fresh orange juice
1 egg beaten
500 ml buttermilk

Combine flour, bicarb., salt, All Bran, butternut, almonds and peel. Beat honey, orange juice, egg and buttermilk together and add to other ingredients. Mix well. Spoon into a greased loaf tin and bake at 180°C for about 1 hour.

Jill Rabie

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Beautiful Breads

BRAN LOAF

1 cup bran
3/4 cup brown sugar
1 cup mixed fruit
1 cup milk
cherries and nuts

1 cup wholewheat flour
1 1/2 teaspoons baking powder

Soak sugar, bran, fruit, milk, cherries and nuts for 1 hour. Add flour and baking powder and bake in a loaf tin for about 45 minutes at 175°C.

Sandy Bendix

BUTTERMILK BREAD

2 cups Nutty Wheat flour
2 cups Jungle Oats
1 cup tightly packed brown sugar
1 carton buttermilk (500 ml)
3 eggs
2 tps baking powder
2 tps bicarb
3/4 cup raisins

Mix together, place in ungreased loaf tin. Sesame seeds and raisins as optional extra. Bake at 180°C for 1 hour.

Pam Stern

SEED BREAD

4 cups Nutty Wheat flour
120 grams sunflower seeds
60 grams sesame seeds
2 teaspoons salt
1 cup lukewarm water

3 teaspoons yeast
3 tablespoons honey
3 tablespoons treacle
2 cups lukewarm water
a few sesame seeds

Mix flour, seeds and salt together. Mix treacle, honey and yeast in 1 cup lukewarm water and stand in a warm place for 15 minutes to activate yeast. Mix yeast mixture into bread mixture. Add about 2 cups lukewarm water and knead dough for about 5 minutes. Spray tins with Cook 'n Spray, spoon mixture into tins and sprinkle with sesame seeds. Allow to rise in a warm place for 1 hour. Bake at 180°C for 1 hour.

Roni Snitcher

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Beautiful Breads

BANANA BREAD

4 large ripe bananas
150 ml sugar
500 ml wholewheat flour
3 ml salt

5 ml mixed spice (optional)
10 ml baking powder
125 ml currants

Pulp bananas. Add sugar, then combine remaining ingredients. Place in a greased bread tin and bake at 180°C for approximately 50 minutes. NB This bread is especially good served warm.

Diana Sussman

APRICOT LOAF

1 cup milk
1 cup All Bran flakes
1 cup soft brown sugar (firmly packed)

125 gram dried apricots chopped
1 Tablespoon honey
1 cup self-raising flour

Combine milk, All Bran, brown sugar, apricots and honey. Cover and allow to stand overnight.

Next day, add sifted flour and mix well. Grease a 20 cm x 10 cm loaf tin and line base with greaseproof paper. Spoon mixture evenly into tin. Bake in moderate oven for 1 hour or until cooked when tested. Turn out and cool on wire rack. Serve sliced and buttered.

Gail Aronson

KITKE

3 cups flour
1 cake yeast
2 tspns sugar

1 cup warm water
1 beaten egg
1½ teaspoons salt
1 Tablespoon oil

Put 1 cup flour into a basin and make a well. Add 1 cake yeast mixed with 2 teaspoons sugar and 1 cup warm water. Pour into well. Sprinkle over mixture in the well, half a cup flour and let rise. When risen add 1 beaten egg, 2 Tbsps oil, salt and beat well with wooden spoon. Add another cup flour and then add from the last cup of flour to make a soft but not sticky dough. Smear another bowl with a little oil and put the dough into that. Smear the top of dough with oil. Let rise in warmer till double its size. Punch down and form into bread rolls or kitke and let rise again. Paint with egg and sprinkle with poppy seed. Bake at 350°C till done.

Lorna Mallach



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SAREMBOCK*

Beautiful Breads

EASY BABKE

125 grams butter (or margarine)
1 cup sugar
3 eggs
500 grams self-raising flour

1 teaspoon baking powder
1 cup milk
cinnamon and sugar
raisins

Beat butter with sugar. Add eggs, then add flour and baking powder alternately with milk. Grease and line a loaf tin and pour in half the batter. Sprinkle with cinnamon and sugar and raisins. Pour over remaining batter. Top with cinnamon and sugar. Bake at 180°C for 45-60 minutes.

Richella Mallach

APPLE MUFFINS

125 ml oil
2 eggs
150 ml brown sugar
250 ml wholewheat flour
500 ml milk

375 ml cake flour
500 ml bran
5 ml salt
5 ml bicarbonate of soda
1 x 410 gram tin pie apples

Whisk together oil, eggs and sugar. Add remaining ingredients and mix well. Refrigerate overnight. Place mixture in greased muffin tins. Bake at 180°C for 10 - 15 minutes. Serve hot with jam. Makes about 50 muffins.

CARROT AND NUT MUFFINS

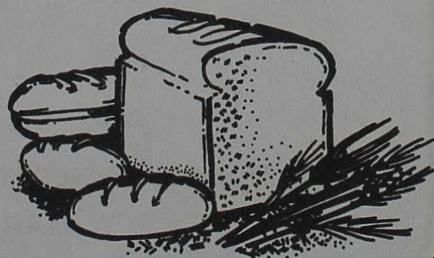
1 teaspoon salt
1³/₄ cups flour
2¹/₂ teaspoons baking powder
2²/₃ cup milk
1¹/₃ cup oil

1 egg
1¹/₄ cup sugar
2 - 3 medium carrots, grated
1¹/₄ cup finely chopped walnuts

Sift flour, baking powder and salt together. Add milk, oil, egg, sugar and nuts to grated carrots and process in Magimix until carrots and nuts are finely chopped. Pour mixture over dry ingredients and stir just until moistened. Spoon half-full into greased muffin tins and bake in a hot oven (200°C) for about 25 minutes.

Jill Rabie

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Beautiful Breads

HEALTH BRAN MUFFINS

- | | |
|---------------------------|--|
| 1 egg | 1 cup buttermilk |
| 1/2 - 3/4 cup brown sugar | 1/2 cup rye flour |
| 180 ml oil | 1 teaspoon bicarbonate of soda |
| 1 cup wholewheat flour | 1 teaspoon salt |
| 1 cup Bran | 1 1/2 cups raisins and/or chopped dates
and/or chopped nuts |

Mix egg, sugar and oil. Add wholewheat and rye flour and bran. Mix buttermilk with bicarbonate of soda and salt, and add to mixture with fruit and/or nuts. Half fill greased muffin tins and bake at 180°C for 25 - 30 minutes.

Rene Kleinman

BEIGELS

- | | |
|--------------------------------|-------------------------|
| 2 heaped teaspoons dried yeast | 1 egg-cup oil |
| 2 cups lukewarm water | 1 egg yolk |
| 6 cups flour | 1/2 teaspoon salt |
| 1 tablespoon sugar | 1 heaped teaspoon sugar |
| 1 tablespoon salt | |

Dissolve yeast with a little sugar in warm water. Add flour, sugar, salt, oil and egg-yolk. Knead well and allow to rise. When dough has risen, cut and roll into strips about 2 cm diameter and about 13 cm long. Fold each strip over hand and roll ends together. Leave to rise for about 10 minutes. Drop a few at a time into a large pot of boiling water containing 1 heaped teaspoon of sugar and half a teaspoon salt. As they rise to the top remove, pat dry. Place on a greased tin, brush with beaten egg and bake at 220°C for approximately 15 - 20 minutes.

Denise Lidsky

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Beautiful Breads

BUTTER MILK RUSKS

250 grams margarine or butter
5 cups self-raising flour
1/2 teaspoon salt
1 cup sugar

2 eggs
1/2 carton buttermilk
egg/milk

Rub shortening into dry ingredients. Beat together the eggs and buttermilk, and mix thoroughly into dry ingredients. Shape into small fingers, brush with a little beaten egg and milk. Bake immediately for 20 minutes in a moderate oven. When cool, cut each finger in half. Dry in a slow oven till crisp.

Lilian Henry

CHEESE SCONES

1 cup flour
1 cup grated cheddar cheese
3/4 cup milk
2 heaped teaspoons baking powder

1 teaspoon dry mustard
dash cayenne pepper
dash salt

Mix all ingredients together, place in greased muffin pans and bake at 200°C for 10 - 15 minutes.

Jill Rabie

WHOLEWHEAT SCONES

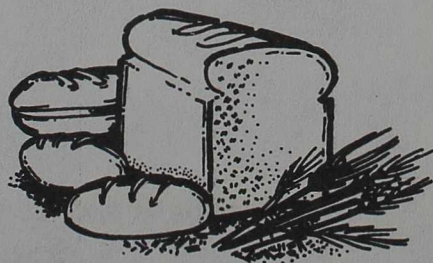
1 cup wholewheat flour
1 cup white flour
2 Tablespoons brown sugar
4 teaspoons baking powder

1 cup raisins
handful sesame and sunflower seeds
1 beaten egg
1 cup milk
125 grams butter or margarine

Mix dry ingredients with raisins and seeds. Add eggs, milk and margarine. Place in greased muffin pans and bake at 180°C for 20 minutes.

Jenny Levy

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Beautiful Breads

SIMPLE SCONES

2 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
2 dessertspoons sugar

60 grams butter
1 egg
3/4 cup milk

Sift dry ingredients and lightly rub in butter. Stir in beaten egg and milk and mix lightly until just blended. Half fill greased muffin pans and bake at 200°C for 10 - 15 minutes or until golden brown.

Noreen Goetz

EASY BRAN SCONES

185 ml milk
250 ml All Bran flakes
1 egg
125 grams soft butter or margarine

65 ml sugar
250 ml flour
15 ml baking powder
3 ml salt

Pour milk over All Bran and allow to stand until all milk has been absorbed. Stir in eggs, butter and sugar. Fold in sifted dry ingredients. Drop spoonful into patty tins. Bake 180°C for 20 minutes.

Richella Mallach

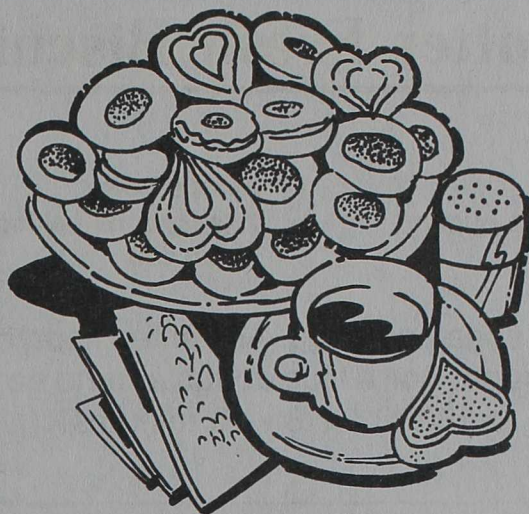
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Butter Fresh Biscuits

ISHLES (CHOCOLATE ICED BISCUITS)

150g butter
200g flour
100g finely ground nuts
50g sugar
1 tablespoon rum or Mocha Tia
Lemon rind

Icing
200 g sugar
little boiling water
1 tablespoon cocoa
1 tablespoon butter .

Mix biscuit ingredients together and work into a dough. Allow to stand in a cool place for one hour. Roll out 1/2 cm thick. Using a glass, cut rounds. Bake at 180°C until golden brown. (Be careful they do not burn). Cool. Paste 2 biscuits together with jam and spread with icing.

Icing: Dissolve sugar in a little boiling water. Cool until it is thick syrup. Add cocoa and butter and stir until soft. Spread on the biscuits.

Cherie Sachar

CHOCOLATE COCONUT CRUNCHIES

250 g margarine
1 cup sugar
2 cups coconut
2 cups flour
salt
4 Tablespoons cocoa
2 teaspoons baking powder

Icing
Whites of 2 eggs
cup of icing sugar
2 Tablespoons cocoa

Cream margarine and sugar, add remaining ingredients to form into a dough and knead well. Press into thin layer in large baking pan. Bake 175°C for 10-15 minutes. Whip icing ingredients together. While hot, pour over icing, then cut into pieces.

Trude Wolff

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Butter Fresh Biscuits

NUTTIES

250g butter
3 heaped tablespoons sugar
1 egg
1 box Nutties

2 cups flour
2 teaspoons baking powder
pinch salt

Cream butter and sugar, add egg. Add sifted flour, baking powder and salt. Mix to firm dough. Roll a little dough around each Nuttie, covering completely. Bake at 180°C for 8 - 10 minutes.

Trude Wolff

CHERRY CHOCOLATE FINGERS

100 g dark chocolate
220g castor sugar
2 eggs

250g coconut
110 g glace cherries cut small

Grease flat baking tray. Spread melted chocolate over bottom and leave to harden. Beat sugar and eggs together till creamy. Add coconut and cherries and mix well. Spread evenly over the chocolate. Bake at 150°C for 25-30 minutes. When cold, cut into fingers.

Cavalcade Cookbook

CHOCOLATE SQUARES

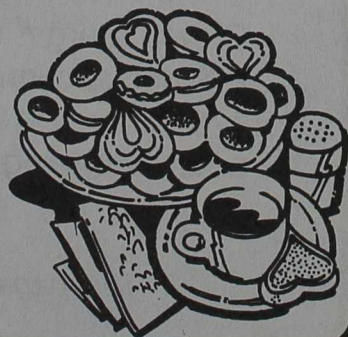
250g margarine
1 tablespoon sugar
2 cups flour
2 teaspoons baking powder
4 teaspoons cocoa
2 cups coconut

Topping
2 tablespoons cocoa
4 tablespoons hot water
1 teaspoon margarine
1 teaspoon vanilla
icing sugar

Cream margarine and sugar. Add dry ingredients. Press into greased baking tray. Bake at 160°C for 20-30 minutes. Ice and cut while hot.

Icing: Heat margarine, water and cocoa. When blended, cool slightly, add vanilla and sufficient icing sugar to form a spreading consistency.

Phillipa Wener



This page is sponsored by ELAINE & ARI SHPIGEL

Butter Fresh Biscuits

CHOCOLATE CHIP COOKIES

- | | |
|--------------------------------------|------------------------------|
| 1 cup softened butter (or margarine) | 1 teaspoon salt |
| 1 cup granulated sugar | 2 1/3 cups unsifted flour |
| 1/2 cup brown sugar | 1 teaspoon baking powder |
| 2 eggs | 1 cup shredded coconut |
| 2 teaspoons vanilla | 2 cups chocolate chips |
| | Nuts if desired can be added |

Preheat oven to 190°C. Cream together softened butter, sugars, eggs and vanilla till fluffy. Combine unsifted flour, salt and baking powder and stir into creamed mixture. Stir in coconut and chocolate chips. Drop from teaspoon 5 cm apart onto ungreased cookie sheets. Bake for 10 minutes or till crispy. Makes 70 cookies.

Hazel Berman

CARAMEL SQUARES

Shortbread base:

- 300 grams flour
- 120 grams castor sugar
- pinch salt
- 220 grams butter

Sift dry ingredients. Rub in butter till mixture resembles crumbs and knead well. Press into greased baking sheets. Bake at 170°C for 20 - 25 minutes. Allow to cool.

Caramel Filling

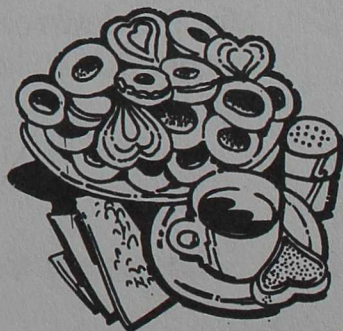
- 220 grams butter or margarine
- 4 tablespoons syrup
- 250 grams brown sugar
- 1 large tin condensed milk
- 1 teaspoon vanilla essence

Put all ingredients in a pot and stir over low heat until sugar has dissolved. Bring to the boil stirring constantly. Boil for seven minutes, add vanilla and beat well. Pour over shortbread.

Chocolate Topping: 250 grams dark chocolate.

Melt chocolate in a double boiler and beat well when melted. Spread evenly over cool caramel. Cut into squares when set.

Natalie Gafen



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Butter Fresh Biscuits

CONDENSED MILK BISCUITS

250 g margarine

$\frac{3}{4}$ cup sugar

1 small tin condensed milk

1 packet self-raising flour

Vanilla essence

Pinch of salt

Cream margarine and sugar. Mix in condensed milk. Add flour, vanilla and salt. Knead into stiff dough. Roll into small balls. Place on an ungreased baking sheet. Bake at 190°C for 15-20 minutes until golden brown.

COFFEE FINGERS

180g margarine

180g castor sugar

2 eggs

360g flour

1 teaspoon baking powder

3 heaped teaspoons coffee powder

Cream margarine and sugar. Add eggs one at a time, beating well after each. Sift dry ingredients and add to mixture, a little at a time. (Very soft consistency). Shape into fingers using biscuit presser. Bake at 175°C for about 10 minutes. Match into pairs and put together with melted chocolate or coffee icing.

Shifra Jowell

DATE AND NUT CHEWS

1 cup chopped nuts

1 cup sugar

1 cup flour

1 cup dates

1 teaspoon baking powder

1 beaten egg

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup milk

1 teaspoon vanilla essence

Mix all dry ingredients together. Mix milk and egg with vanilla essence and add. Bake in shallow greased tin for about 20 minutes at 200°C. Cut into squares while hot.

Cavalcade Cookbook

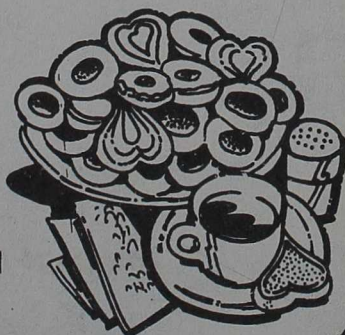
SHORTCUT SHORTBREAD

500 g butter

1 cup icing sugar

4 cups flour

Mix. Pat down onto baking sheet. Bake 180°C till pale brown. Cut while hot.



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Butter Fresh Biscuits

WALNUT SQUARES

2 eggs separated
120 g butter (or 1/2 cup of oil)
1/2 cup sugar, castor or granulated
pinch salt
vanilla essence
250g self-raising flour (approximately)

Topping
whites of 2 eggs
1 cup sugar
2 tablespoons sifted cocoa
1/2 cup chopped walnuts/pecans
(or 1 cup coconut)

Cream butter and sugar, and beaten yolks, salt, vanilla and flour to make a soft firm dough. Flatten, sprinkling with flour, into a greased swissroll tin.

Topping: Beat whites stiffly, fold in sugar and cocoa. Lastly add nuts. Spread over layer in tin. Bake at 180°C for 30 minutes. Cool for 5 minutes, then cut into squares.

Marian Abel

FRUIT SQUARES

Pastry
125g margarine
2 cups flour
1/4 teaspoon salt
2 teaspoons baking powder
1/2 cup sugar
1 beaten egg
2 Tablespoons oil

cake fruit
brandy
apricot jam

Rub margarine into flour until crumbly. Add rest of ingredients to make crumb mixture. Pat half of the mixture into greased swiss roll tin (large) spread with cake fruit mix, and brandy to taste, warmed with apricot jam. Bake 180°C for 30 minutes. Cut when cold.

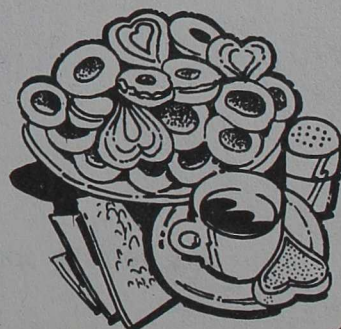
Bessie Edelstein

FLORENTINES

250 grams unsalted peanuts
250 grams sultanas or currants
3/4 tin condensed milk

250 grams cornflakes
250 grams glazed cherries
rice paper
dark chocolate

Combine ingredients and mix well. Line a baking sheet with rice paper and drop spoonful of mixture onto paper. Bake at 180°C for 12 minutes or until nuts are brown. When cold remove from baking sheet, neaten rice paper around edges and spread melted chocolate on base. Cool completely before placing in container.



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Butter Fresh Biscuits

STUFFED MONKEYS

250 grams butter	pinch salt
2½ cups flour	2 eggs
½ cup custard powder	jam
2 teaspoons baking powder	mixed fruit
1 cup sugar	

Rub butter into dry ingredients, add eggs and mix well. Roll out into rectangular strips. Cover with layer of jam and fill with mixed fruit. Roll up and brush with beaten egg. Bake at 200°C for about 20 minutes or until lightly browned. Push into shapes with a knife while hot. Cool completely before cutting into biscuits.

Lynn Rabinowitz

GREEK BISCUITS

125g butter (or margarine)
2 Tablespoons sugar
1 cup flour
1 cup chopped nuts
Icing sugar

Cream butter and sugar. Sift flour, mix with nuts and add to butter mixture to form a firm dough. Roll into balls. Bake for 30 minutes at 150°C. While hot roll in icing sugar.

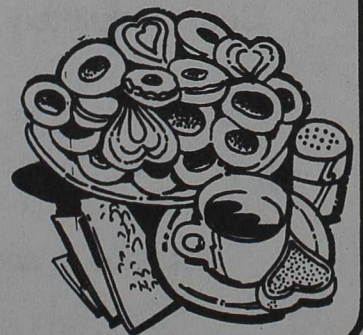
Trude Wolff

SUNFLOWER SEED BISCUITS

250 g butter	2 cups sunflower seed
4 tablespoons sugar	2 teaspoons baking powder
2 cups flour	icing sugar

Cream the butter and sugar together. Add the remainder of the ingredients and mix well. Roll into balls and bake at 180°C for 25 minutes. Roll in icing sugar while hot.

Hazel Meyerowitz



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Butter Fresh Biscuits

MUESLI CRUNCHIE BISCUITS

2 cups muesli
1½ cups wholewheat flour
½ cup sugar

1 cup coconut
250 g butter
1 tablespoon syrup
1 teaspoon bicarb

Mix flour, muesli, sugar and coconut together. Melt butter and syrup. Add bicarb to butter mixture. Pour over dry ingredients. Press into greased swiss roll pan and bake at 150°C for 30 minutes. Cut into squares while hot.

Marilyn Friedland

POST TOASTIE COOKIES

1 cup sugar
250g butter
2 eggs
1 teaspoon vanilla essence

250 g chopped dates
2 cups self-raising flour
Coarsely crushed Post Toasties

Mix sugar, butter and eggs well. Add vanilla essence and chopped dates to flour. Add to butter mixture. Roll heaped teaspoons of the dough in post toasties. Drop into greased patty tins. Bake at 180°C for 20 minutes.

Karen Jossel

MERINGUES

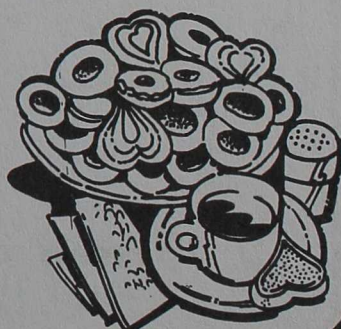
6 egg whites
pinch of salt
2 cups castor sugar

2 teaspoons lemon juice
2 teaspoons vanilla essence

Beat egg whites with salt until stiff but not dry. While beating, gradually add first cup castor sugar, vanilla essence, then second cup castor sugar. Mix thoroughly. Slowly add lemon juice. Ensure sugar is dissolved in the mixture but do not overbeat. Pipe or spoon shapes on to a baking sheet sprayed with a non-stick cooking spray. Bake for 2 hours at 100°C. Switch oven off and leave meringues until completely dried.

Tilly Saacks

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Butter Fresh Biscuits

TEA BISCUITS

125g butter
125g margarine
500g self-raising flour

250g castor sugar
2 large eggs
Cherries or nuts

Rub butter and margarine into the flour and sugar. Add beaten eggs. Roll out and cut as desired or use biscuit cutters. Decorate with cherries, nuts or choice of decoration. Bake at 180°C until golden brown.

Rachel Levinson

RICE CRISPIE BISCUITS

125g margarine
¾ cup sugar
1 egg

1 teaspoon vanilla essence
1 cup self-raising flour
about 2 cups Rice Crispies

Cream margarine and sugar. Add beaten egg, vanilla and sifted flour. (Dough is quite soft). Form into balls and roll in Rice Crispies. Place far apart on biscuit tray. Bake at 175°C for about 10 minutes.

Martine Israel

FRUIT FANCIES

1 packet puff pastry
grated apple

jam
nuts and sultanas

Roll pastry quite thin and smear thinly with jam. Cover with grated apple, nuts and sultanas. Fold in edges and fold pastry over about three times. Seal edges with water. Paint top with water and sprinkle with sugar. Slice 2/3 way through and bake at 180°C till brown. Cut right through IMMEDIATELY. These may be warmed before serving.

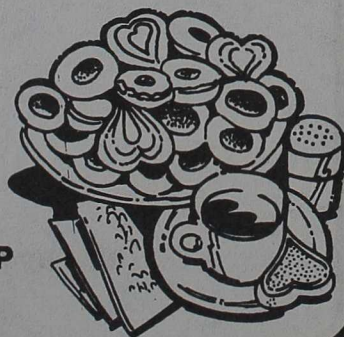
VANILLA SLICES

1 roll puff pastry
2 packets vanilla instant pudding

2 cups cream
1 tablespoon icing sugar

Unroll pastry and cut through centre. Bake the two halves at 180°C for 20 minutes. Whip cream and pudding together well and place between layers. Spread with icing on top layer. Cut into slices.

Lynette Davies



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Butter Fresh Biscuits

NO BAKE BISCUITS

CHOCONUT FRIDGE BISCUITS

200 g plain chocolate (dark or milk)
60g margarine
125ml milk (or fruit juice if parava)
125ml chopped nuts
chopped sultanas (optional)
60g castor sugar
1 pkt Marie Biscuits, crushed
Coconut

Melt chocolate and margarine in double boiler. Add milk or juice and stir. Mix in nuts, sugar and biscuits. Cool and roll into balls. Toss in coconut and refrigerate.

Shifra Jowell

NO NAME BISCUITS

150g biscuits (preferably mix sweet and digestive)
50g hazelnuts, chopped
50g raisins
50g dark chocolate
2 tablespoons syrup
75g butter

Crush biscuits roughly. Add nuts and raisins and chocolate melted with syrup and butter. Press into 19 cm square tin. Cut when hard.

HALVA BISCUITS

200g Vanilla Halva
200g margarine
little ginger

200g left-over biscuits
Cake Mix/raisins/cut
peel/cherries/chopped nuts

Mix Halva, margarine and ginger with enough biscuits to bind. Add any of the above fruit and chopped nuts. Press into baking sheet and cut when set.

Sylvia Winnikow



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Butter Fresh Biscuits

DATE CRISPIES

2 cups chopped dates
250g margarine

1 cup sugar
5 cups Rice Crispies

Grease a 20 cm x 30 cm baking tin. Place dates, margarine and sugar into a saucepan and stir over a moderate heat until a smooth mixture is formed. Remove from the heat, add the rice crispies and stir well. Press into the prepared baking tins and leave to cool. Cut into squares and serve.

Roni Snitcher

LOVELY FRIDGE BISCUITS

125g margarine
125g sugar
1 beaten egg
80g chopped stoned dates (or prunes)

60g chopped walnuts
2 ml vanilla essence
1 pkt tennis biscuits crushed

Melt margarine and dissolve sugar. Cool. Slowly add egg and stir over low heat until mixture thickens. Remove from heat and add dates, nuts and vanilla essence. Add crushed biscuits, reserving some for the topping. Press into greased tray and sprinkle biscuit crumbs on top. Refrigerate overnight. Slice into squares.

Shifra Jowell

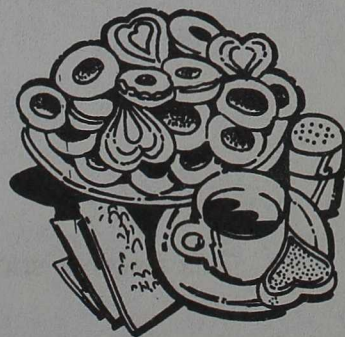
RUM CHOCOLATE TRUFFLES

250g plain chocolate
125 ml sweetened condensed milk
1 teaspoon rum (or rum essence)
Chocolate vermicelli

Heat chocolate in milk until completely melted. Add rum and beat very well. When cool, form into small balls and roll in chocolate vermicelli.

Richella Mallach

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FASHIONS*



Butter Fresh Biscuits

PEPPERMINT CHOCOLATE FINGERS

Base

- 1 packet Marie Biscuits
- 1 Tablespoon sugar
- 1 Tablespoon syrup
- 1 Tablespoon cocoa
- 120g butter
- 1 Tablespoon condensed milk

Topping

- 2 Peppermint Crisps

Peppermint Icing

- 1½ cups icing sugar
- few drops green colouring
- few drops peppermint essence
- 3-4 Tablespoons hot water

Chocolate Icing

- 1 slab bitter chocolate
- 60g butter
- 1 teaspoon vanilla

Crush biscuits. Dissolve sugar, syrup, cocoa, in butter and milk. Stir in biscuits, press into small greased biscuit tin. Chill. Melt together peppermint icing ingredients. Pour over base and refrigerate. Melt together chocolate icing ingredients, pour over peppermint layer and refrigerate. Coarsely crush peppermint crisp and sprinkle over top. When cold, cut into squares.

Joan Chernotsky

CHERRY MARSHMALLOW SQUARES

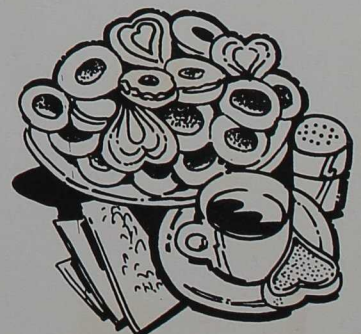
- 1 pkt digestive biscuits, crushed
- 4 tablespoons coconut
- 2 tablespoons sifted icing sugar
- 2 tablespoons cocoa
- ¼ cup boiling water
- 125g melted butter
- 1 level dessertspoon gelatine

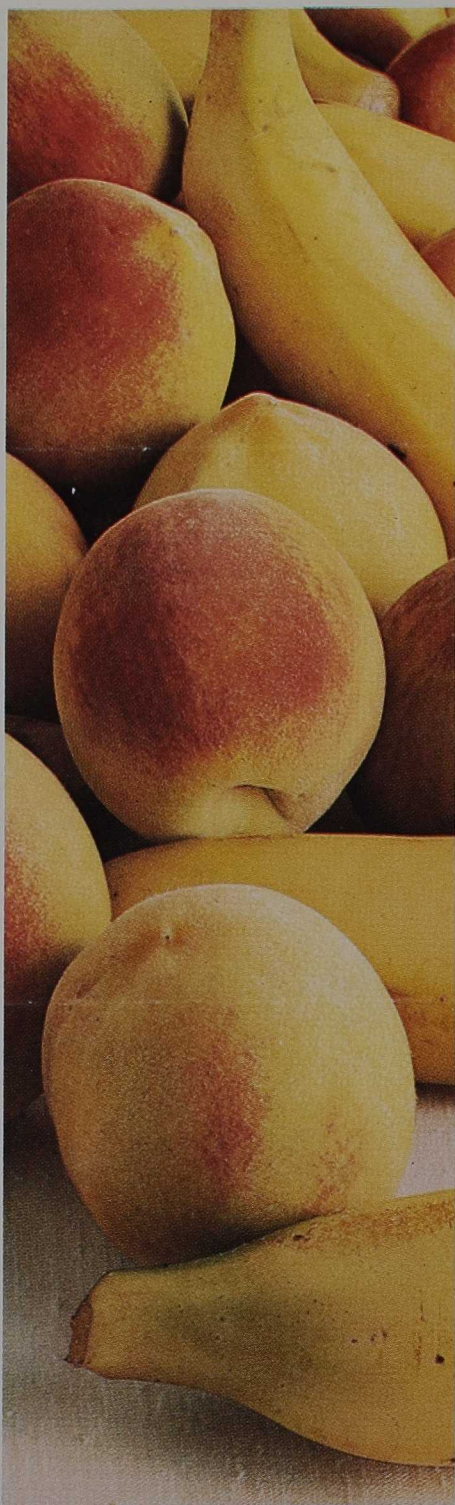
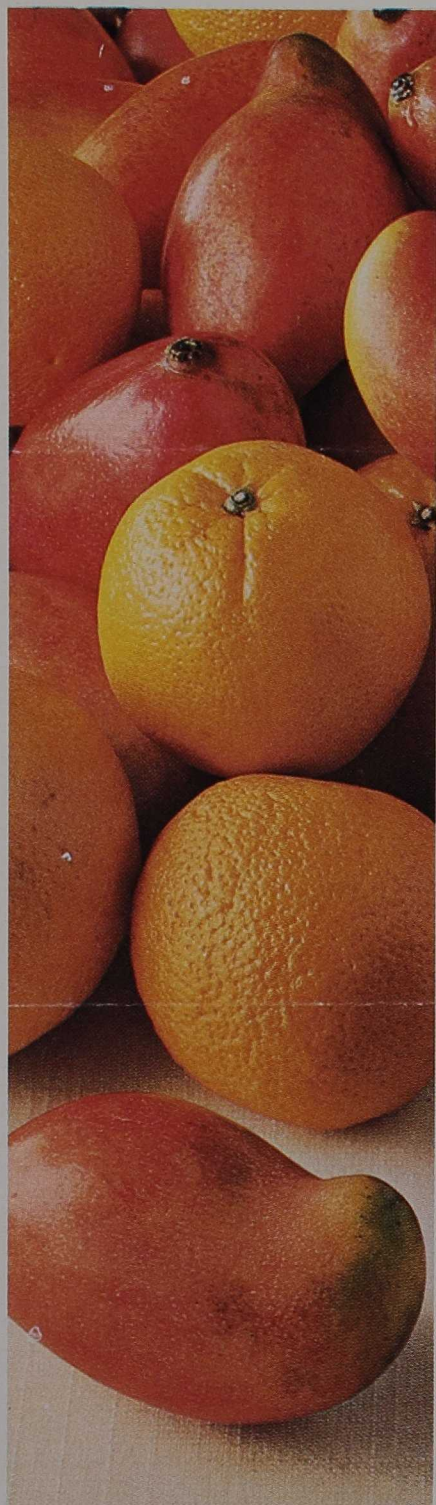
- 3 tablespoons cold water
- 3 tablespoons boiling water
- 2 cups castor sugar
- ½ cup chopped glace cherries
- 1 drop peppermint essence
- Melted chocolate (optional)

Mix cocoa with boiling water to form paste. Add biscuits, coconut, icing sugar and butter. Pat into 16 cm x 16 cm square baking tin. Soften gelatin in cold water, dissolve in boiling water. Add castor sugar and beat well together until soft. Fold in cherries and essence. Smooth over mixture in tin. Set overnight. Drizzle melted chocolate over. When firm and dry cut in squares.

Sirily Dubovsky

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BERYL CHEERIN**



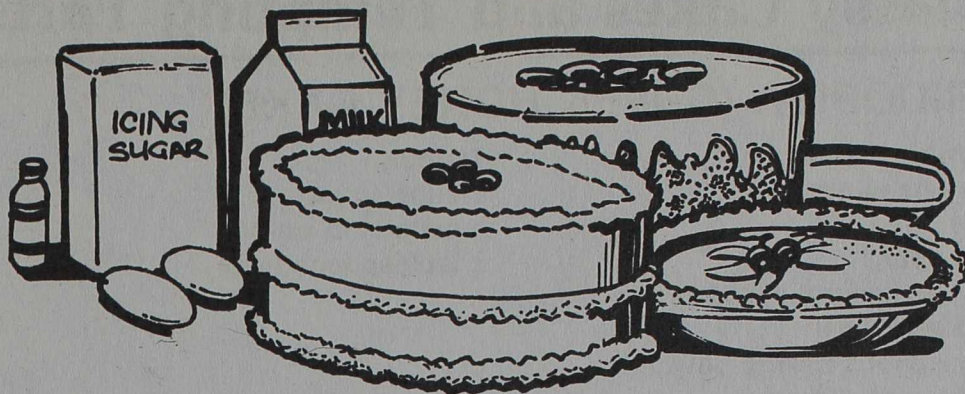


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Classy Cakes & Tempting Tarts

NUT CAKE WITH VANILLA CREAM

Nut Cake

4 eggs, separated
1½ cups sugar
¼ cup oil

50 g ground nuts

1½ cups self-raising flour

½ cup orange juice

Mix egg yolks with all other ingredients and beat. Beat whites and fold in carefully. Pour into large greased cake pan and bake at 175°C for 30 minutes or till lightly browned.

Vanilla Cream

⅔ cup cream
1 cup milk or orange juice

1 vanilla instant pudding

Beat till thick and pour over cake when it has cooled.

Glaze

100g bitter chocolate
2 tablespoons milk or water

2 tablespoons oil

50 g margarine

Melt chocolate. Add oil and milk (or water). Remove from heat and add margarine. Spoon over top while hot.

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Classy Cakes and Tempting Tarts

KARIDOPITA (GREEK HONEY CAKE)

125 grams butter
375 grams sugar
4 eggs
 $\frac{3}{4}$ cup flour
 $\frac{3}{4}$ - 1 cup ground almonds
 $\frac{3}{4}$ cup semolina
 $1\frac{1}{2}$ teaspoons baking powder
dash ground cinnamon

Topping
2 cups sugar
2 cups cold water
2 tablespoons honey

Cream butter and sugar together, add eggs one at a time, then add sifted dry ingredients. Bake in a greased pyrex dish at 180°C until golden brown. Cut into squares. Bring ingredients for topping to the boil. Pour over cake while hot. Decorate alternate squares with almonds. Serve hot or cold with pieces of ginger syrup and cream.

Bertha Widan

CHOCOLATE CHEESE CAKE

6 eggs, separated
8 tablespoons sugar
2 tablespoons flour
3 tablespoons cocoa
 $\frac{1}{2}$ teaspoon baking powder

Cheese
1 cup sweet cream
1 cup milk
1 packet vanilla pudding
2 tablespoons sugar
 $1\frac{1}{2}$ bakkies cream cheese (375 ml)

Beat egg whites until stiff, add sugar and yolks. Slowly add flour and cocoa and then baking powder. Pour into greased oblong dish and bake at 180°C for 35 minutes. Leave in oven to cool completely.

Beat cream, milk and pudding. Add sugar and cheese and beat again until it forms a thick cream. Spread over cake and refrigerate for at least an hour.

Chocolate

150 grams chocolate
4 tablespoons milk
50 grams margarine
2 tablespoons liqueur (eg Cointreau)

Melt chocolate, milk and margarine and add liqueur. Pour lightly over cake and refrigerate.

Barbara Mandel

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& BOETIE VILENSKY**



Classy Cakes and Tempting Tarts

MARVELLOUS MON CAKE

3 eggs
1½ cups sugar
½ cup oil
1 cup poppy seed
100 g coconut
1 cup self-raising flour
250 ml plain yoghurt

Topping
200 g white chocolate
8 Tablespoons icing sugar
6 Tablespoons milk
3 Tablespoons margarine
1 teaspoon vanilla
Top Deck chocolate curls

Beat eggs and sugar very well. Add oil, poppy seed, coconut, flour and yoghurt. Mix well and bake in greased rectangular pie dish at 180°C for 30 minutes.

Topping

Melt chocolate, sugar and milk over double boiler. Remove from stove and add margarine and vanilla. Pour half the topping over the cake when it has cooled for 15 minutes and the remainder over the cake when cold. Decorate with chocolate curls.

Trude Wolff

CARROT CAKE

3 peeled carrots
1 peeled and cored apple
3 eggs
1½ cups white sugar
1 cup oil
2 cups flour
2 tsp. bicarbonate of soda
1 tsp. baking powder
2 tsp. cinnamon
1 cup raisins

Icing
500 g icing sugar
125 g butter
125 g cream cheese
1 tsp. vanilla

Method

Grate carrots and apple. Measure 2 cups of grated mixture. Process eggs with sugar for 1 minute. While machine is running, add oil through feed tube. Mix for 45 seconds. Add carrots and apple and process for 10 seconds. Add all dry ingredients and process very quickly until flour mixed in. Sprinkle raisins over mixture and process for 10 seconds. Pour into 2 well greased 9 inch round tins or 2 loaf tins. Bake at 180°C for 40-50 minutes.

Icing

Cream butter & icing sugar. (Mixture must be firm.) Fold in cream cheese and vanilla by hand. Spread over top of cake when cool.

Karen Jossel

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Classy Cakes and Tempting Tarts

BRAZILIAN SYMPHONY (Parava)

180g flour
3/4 cup sugar
1/2 teaspoon salt
1/2 teaspoon baking powder
500g Brazil nuts

500g dates, separated
180g cherries (maraschino) drained
3 eggs
1 teaspoon vanilla

Sift dry ingredients into bowl over nuts, dates and cherries. Mix through to coat well. Beat eggs till foamy, add vanilla. Stir well into mixture. Spread evenly in greased double - paper - lined loaf pan (9 1/4 x 5 1/2 x 2 1/2 inch). Bake in slow oven (about 150°C) for 1 3/4 hours. When cool loosen edges with knife blade. Slice thinly with sharp serrated knife. Best served after storage in tin. Keeps for 6 weeks. (To serve with black coffee after a special dinner).

Marlene Shirk

DOUBLE QUICK CHIFFON

250 grams margarine
5 eggs
2 cups sugar
1 packet self-raising flour
1 teaspoon vanilla essence

pinch of salt
1 cup milk
juice of 1 orange (optional)
rind of 1 orange (optional)

Icing

125 grams margarine
1 cup icing sugar
2 tablespoons orange juice

Mix all ingredients in large bowl of mixmaster and pour into greased and floured chiffon tin. Bake at 180°C for 1 hour, then test to see if done. Cool in inverted tin before turning out. Dust with icing sugar or ice with orange icing.

Pearl Lan

YOGHURT CAKE

250 ml castor sugar
175 ml fruit yoghurt
175 ml oil (use yoghurt container to measure)

3 yoghurt cups self-raising flour
(3 x 175 ml) (or 3 ordinary flour and
3 teaspoons baking powder)

3 eggs
5 ml vanilla essence

Mix castor sugar, yoghurt, oil, eggs and vanilla essence very well. Add flour, one cup at a time and mix well. Pour into baking tin and bake at 160°C for 1 hr 15 mins or until ready.

Goldie Norris

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SELWYN WIDAN*



Classy Cakes and Tempting Tarts

APPLE MINUTE CAKE

2 teaspoons baking powder
1½ cups flour
¾ cup sugar
¼ teaspoon salt
½ cup milk

vanilla
2 eggs
120 g soft (not melted) butter
apples
cinnamon/sugar

Sift dry ingredients into large bowl. Make a well in centre. Add milk, vanilla and eggs. Lastly add smooth softened butter. Mix well. Pour batter into greased loaf tin. Cut apple into about 16 pieces and push into batter all around outer edge of cake. Sprinkle the top thickly with cinnamon and sugar. Bake at 200°C for 25-30 minutes.

Cavalcade Cookbook

HOT MILK SPONGE

4 eggs
2 cups castor sugar
2 cups flour
pinch salt

120 g butter
1 cup milk
4 teaspoons baking powder
4 Tablespoons cocoa (optional)

Beat eggs until thick, add sugar gradually and beat well. Sift flour and salt and add to mixture slowly. Bring butter and milk to the boil and add to mixture. Lastly add baking powder. Bake in two 20 cm. layer tins (which have been greased and floured) at 190°C for 35-40 minutes. (For chocolate cake, add cocoa with dry ingredients.)

Cavalcade Cookbook

BOILED FRUIT CAKE

500 g mixed fruit
1 cup sugar
1 cup water
125 g butter (or margarine)
2 cups flour

pinch salt
1 teaspoon bicarbonate of soda
1 teaspoon mixed spice
2 large eggs, beaten
1 wineglass brandy

Boil fruit, sugar, water and butter for 5 minutes. Allow to cool. Add sifted dry ingredients, then eggs, lastly add brandy. Pour into greased and lined loaf or square tin. Bake 150°C for 90 minutes. Switch off oven and leave for 10 minutes more.

Doreen Wingerin

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WINGERIN**



Classy Cakes and Tempting Tarts

CHOCOLATE CAKE (Parev)

5 eggs, separated
1½ cups castor sugar
1 teaspoon vanilla essence
1½ cups oil

1 cup cold water
2 cups flour (sifted)
3 slightly heaped teaspoons baking powder
3 tablespoons cocoa

Beat egg whites stiffly, beat in yolks, then sugar and vanilla. Beat well. Add oil and beat. Add cold water and beat. Fold in flour one cup at a time, using a wooden spoon. Lastly sift over baking powder. Stir well. Beat well with beater. Bake at 140°C for about 40 minutes. Leave 5 minutes and invert.

Patricia Purse

SWISS ROLL

4 extra-large or Jumbo eggs, separated
½ cup sugar
1 teaspoon vanilla
1 cup self-raising flour

4 tablespoons water
1 teaspoon baking powder
1 vanilla instant pudding

Beat sugar and egg yolks, add vanilla, then flour, then water. Beat egg whites and baking powder until stiff and fold into mixture. Bake in greased and lined swiss-roll tin at 180°C for 10 minutes. Turn out on a damp cloth. Prepare vanilla pudding according to directions. Spread over cake and roll up.

Trude Wolff

GINGER CAKE IN DISH

2 eggs
1 cup sugar
1 cup oil
1 cup syrup
1 cup black tea
2½ cups cake flour
2 teaspoons ginger

1 teaspoon cinnamon
1 teaspoon mixed spice
2 teaspoons bicarbonate of soda
½ teaspoon baking powder
apricot jam
peppermint crisp, grated

Beat eggs and sugar well. Add oil, syrup, hot tea and lastly sifted dry ingredients, mixing well after each addition. Pour into greased pie dish and bake at 180°C for 1 hour. Spread apricot jam over the top when cooled. Decorate with grated peppermint crisp.

Beryl Verblun

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Classy Cakes and Tempting Tarts

BUTTERMILK FRUIT LOAF

- | | |
|--------------------------------|---------------------------|
| 110 g butter | 1 cup mixed peel |
| 2 cups wholewheat flour | 1/2 cup brown sugar |
| 1 teaspoon cinnamon | 1 tablespoon golden syrup |
| 1 teaspoon bicarbonate of soda | 1 cup buttermilk |
| 1/2 teaspoon nutmeg | |
| 1 teaspoon mixed spices | |

Rub butter into the flour. Add bicarb, spices and sugar. Add mixed peel. Combine syrup and buttermilk and add to dry ingredients. Mix well. Spoon into a well-greased loaf pan and bake at 180°C for about 1 hour.

Optional Icing

- 1 tablespoon smooth cottage cheese
- 1 teaspoon orange juice
- 1 cup (or more) sifted icing sugar

Jill Rabie

DATE LOAF

- | | |
|--------------------------------|----------------------------|
| 1 cup stoned dates | 1 cup sugar |
| 1 teaspoon bicarbonate of soda | 1 teaspoon baking powder |
| 3/4 cup boiling water | 1 heaped tablespoon nuts |
| 1 tablespoon butter | 1 teaspoon vanilla |
| 2 eggs | 1 tablespoon ground ginger |
| 1 3/4 large cups flour | 1 tablespoon cinnamon |

Dissolve bicarbonate of soda in boiling water and leave to cool. Cream sugar and butter. Add sifted dry ingredients and vanilla essence and mix well. Add dates with bicarbonate of soda water to ingredients. Divide into 2 loaves and bake 45 minutes in 350°F oven.

Marilyn Moller

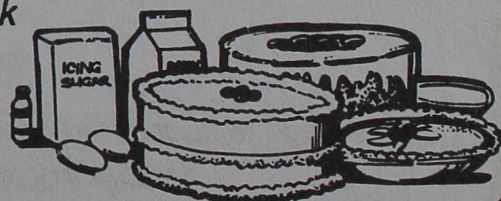
PEPPERMINT TART

- | | |
|------------------------------|---------------------------|
| 1 x 397 g tin condensed milk | milk to dip biscuits in |
| 250 ml cream | nuts, cherries (optional) |
| 1 packet Tennis biscuits | 3 peppermint crisps |

Caramelise condensed milk. Whip cream. Dip biscuits in milk and spread with caramelised milk. Line bottom of dish with biscuits. Sprinkle biscuits with nuts and cherries. Spread with a layer of cream and then crush one-and-a-half peppermint crisps over mixture. Repeat twice. Last layer - use cream, nuts and cherries instead of peppermint crisps. Refrigerate.

Cavalcade Cookbook

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& IVAN WIDAN**



Classy Cakes and Tempting Tarts

REFRIGERATED CHOCOLATE CAKE

6 eggs
200 g margarine
200 g baking chocolate
1/2 cup almonds, chopped

2 tablespoons cognac
1 teaspoon Nescafe
1 tablespoon milk
less than a cup sugar

Separate eggs and beat whites well. Beat yolks with margarine and sugar. Melt chocolate with milk and add to egg yolk mixture. Fold in beaten egg whites. Divide mixture into two. Add the almonds to the one half and bake in a greased square pan at 150°C for 20 to 30 minutes. Allow to cool. Add coffee and cognac to the second half of the mixture and pour over the cooled mixture in the pan. Place in refrigerator.

DATENUT FRIDGE CAKE

2 packets Marie biscuits
2 cups sugar
1 teaspoon vanilla
1/2 cup chopped dates
3 eggs

500 g butter or margarine
1 teaspoon wine (or 2 teaspoons water)
1 cup currants
1 cup chopped Brazil nuts
1 tablespoon cocoa

Break biscuits into pieces. Place butter and sugar in pot and cream well over low heat. Add cocoa, wine and then well beaten eggs. Bring to boil stirring constantly. Add dates, currants, nuts and essence. Finally add broken biscuits. Stir and remove from heat. Press hard into greased tin. Leave in fridge overnight before unmoulding.

Myra Osrin

PEACHY CHEESE TART

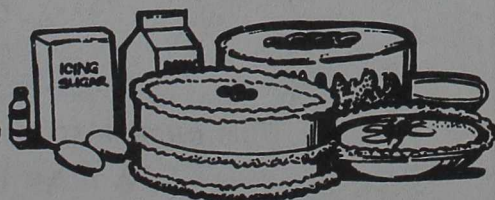
1 tin sliced peaches
1 packet jelly (peach flavour)
2 cartons smooth white cheese
1/2 - 3/4 cup sugar

125 ml cream
Tennis biscuits
sherry

Dissolve jelly with 1 cup hot liquid (either peach juice or water). Allow to cool. Mix skim milk cheese with sugar. Then add cooled jelly and mix. Whip cream and fold in. Line a dish with Tennis biscuits and sprinkle lightly with sherry to moisten. Now place the sliced peaches on biscuits. Pour on cheese mixture and set in refrigerator.

Cavalcade Cookbook

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YANKELOWITZ



Classy Cakes and Tempting Tarts

CHEESE CAKE

2 cartons smooth cottage cheese
250 ml cream
1/2 cup sugar
2 eggs

pinch salt
1/2 teaspoon vanilla essence
3/4 packet Marie biscuits
margarine or butter

Base: Melt margarine and stir in crushed Marie biscuits. Press into greased pie dish.

Filling: Beat eggs and sugar well, till light and creamy. Add cheese and salt and beat well. Add vanilla essence and cream and beat till mixed through. Pour into base and bake at 180°C for 40 - 45 minutes.

Stephanie Miller

CHERRY O'CREAM CHEESE PIE

1 x 23 cm crumb base
1 carton homogenized skim milk
cheese
1 small tin sweetened condensed milk

1 teaspoon vanilla
1/3 cup lemon juice
1 tin chilled cherry pie filling

Beat cheese until light and fluffy. Gradually add condensed milk. Blend well. Stir in lemon juice and vanilla. Turn into crust. Refrigerate 2-3 hours. Garnish with cherry pie filling.

Cavalcade Cookbook

GINGER CHEESE CAKE

3 cartons homogenized skim-milk
cheese

4 eggs
1 cup cream
1 teaspoon powdered ginger

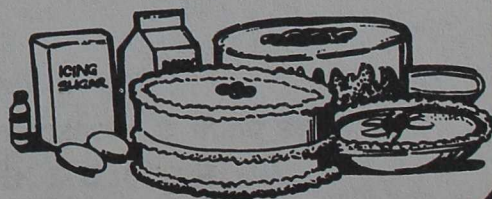
1 1/2 cups gingersnap crumbs (about 25)
1/3 cup melted butter or margarine
1 cup sugar

Base: Combine gingersnap crumbs and butter. Press onto bottom and side of 30 cm springform pan. Refrigerate. Preheat oven to 190°C.

Cheese: In a large bowl, at medium speed, beat cream cheese until smooth. Add sugar, a quarter cup at a time, until mixture is light and fluffy. Beat in eggs, one at a time, beating after each until light. Beat in cream and ginger. Pour cheese into crumb base. Bake at 175°C for 40-45 minutes. Cool completely.

Cavalcade Cookbook

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ZAREND**



Classy Cakes and Tempting Tarts

PINEAPPLE PECAN DELIGHT

Filling

60 g butter
1/2 cup brown sugar
1 teaspoon vanilla essence
2 tablespoons flour
salt

3 eggs

preserved ginger (optional)
1 cup pecan nuts (chopped)
1/2 cup syrup
1 tin pineapple pieces, drained

Base

1 packet Marie biscuits
120 g butter
cinnamon

Crush biscuits finely. Rub in butter and then cinnamon. Line a tart dish with crumb mixture to form a base.

Filling: Cream butter and sugar well. Beat in vanilla. Add flour and salt. Blend in beaten eggs and syrup. Fold in coarsely chopped nuts, ginger and cut-up pineapple pieces. Pour into crumb base. Bake at 180°C.

Cavalcade Cookbook

NUT TART

Pastry

2 cups flour & 1 teaspoon baking powder
90 g butter
2 egg yolks
1/2 cup castor sugar
1/4 cup milk

Filling

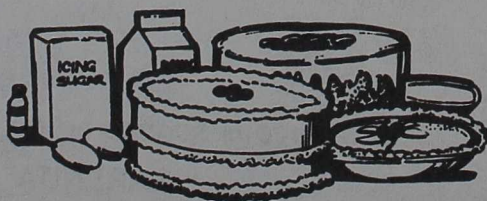
250 g almond flakes (or chopped mixed nuts)
1 cup sugar
1 cup butter
6 tablespoons milk
1/2 teaspoon vanilla essence
1/2 teaspoon almond essence

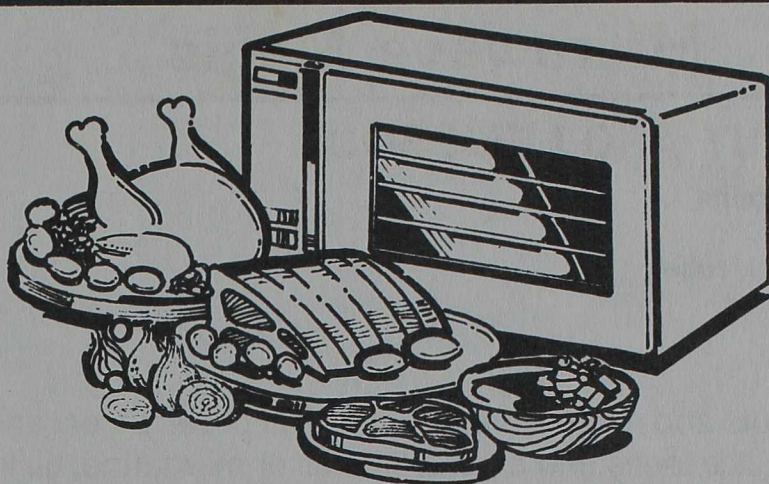
Pastry: Sift flour and baking powder and rub in butter. Cream yolks and sugar and add into flour mixture. Add milk and mix together into a firm consistency.

Filling: Roll out pastry to fit tart dish or non-stick swiss roll tin. Prick well. Bake for 10 minutes at 180°C. Boil together ingredients for the filling for 10 minutes over medium heat, stirring constantly. Spoon over half-baked tart shell. Bake for a further 10 minutes at 180°C until golden brown.

Penny Halle

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Microwave Magic

SUMMER CELERY SOUP

250ml chopped celery
2 leeks, washed and chopped
1 onion, chopped
2 large potatoes, peeled and cubed
60g butter
800ml vegetable stock
200ml milk

5ml lemon juice
1 Bayleaf
2ml dry basil
salt
pepper
pinch sugar
100ml cream

Place celery, leeks, onions, potatoes and butter in microwave proof bowl. Cover with gladwrap, pierce. Microwave on High for 8 minutes. Add remaining ingredients, except cream. Cover, microwave on High for 10 minutes until tender. Remove bayleaf, cool. Blend in food processor until smooth. Chill in fridge. Pour into individual soup bowls, add cream, swirl before serving. Sprinkle with parsley or celery leaves. Serves 6.

Helen Ozinsky

FRENCH ONION SOUP

50 grams butter
450 grams onions, sliced thinly
1 teaspoon castor sugar
2,5 ml flour

750 ml stock
salt
pepper
4 slices french bread
grated cheese

Place butter in bowl and microwave on High for 1 minute. Add onions and cook uncovered for 5 minutes, stirring occasionally. Stir in the sugar and microwave on High for 2 minutes. Blend in the flour and gradually stir in the stock. Season to taste and microwave uncovered for 10 minutes. Lightly toast the french bread and float one on each serving of soup. Sprinkle grated cheese on each piece of bread. Microwave soup on High until cheese melts.

Tye Katz

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Microwave Magic

BUTTERNUT AND LEEK SOUP

- 2 medium butternuts
- 3 leeks
- 2 vegetable stock cubes
- 1 cup boiled water
- Salt
- 125 ml cream

Halve butternuts and microwave on High (Full power). Peel and scoop out the pips. Slice leeks and fry in a little oil or margarine, till limp and glassy. Add butternut and 1 1/2 litres water and bring to the boil. Add the stock and season to taste. When cooked through, liquidise. Stir in cream just before serving.

Stephanie Miller

MUSHROOMS AND CHEESE

- 500 g large black mushrooms
- 1 Tablespoon Cottage Cheese per mushroom
- 1 Tablespoon Margarine
- 2 Tablespoons Breadcrumbs
- grated cheddar cheese

Place mushrooms in microwave dish. Spoon cottage cheese into centre of each. Melt margarine in microwave, stir in breadcrumbs and spoon over mushrooms. Top with grated cheese. Microwave 6 - 8 minutes on Medium High. Season as desired.

Shifra Jowell

TUNA PIE

- 1 x 150 g packet Cheese & Onion chips
- 2 tins tuna
- 1 egg
- 1 tin mushroom soup

Top . AS USUAL.

- grated cheddar cheese
- paprika
- parsley chopped

Crush chips in their packet. Drain tuna and mix with chips. Add soup and egg and mix. Pat into pie dish. Cook on Roast for 8 minutes. Cook on simmer for 5 minutes. Before serving, sprinkle cheese, paprika on top. It may be rewarmed for 1 - 2 minutes if necessary.

Cherie Sachar

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Microwave Magic

SAVOURY BAKED BUTTERNUT

3 small butternuts, halved and
pips scooped out
1 cup rice, cooked
1 small onion chopped
6 large mushrooms, sliced
salt
mixed herbs

Microwave butternuts on High for 10 - 12 minutes till tender. Fry onion and mushrooms and mix with cooked rice. Spoon rice mixture into centre of each butternut-half. Microwave covered on High for about 4 minutes.

Shifra Jowell

VEGETABLE STIR-FRY

30 g butter	5 ml fresh herbs (optional)
2 - 3 carrots, julienned	salt
3 - 4 stalks celery, julienned	freshly ground black pepper
200 g button mushrooms, sliced	15 ml chopped parsley or cashew nuts

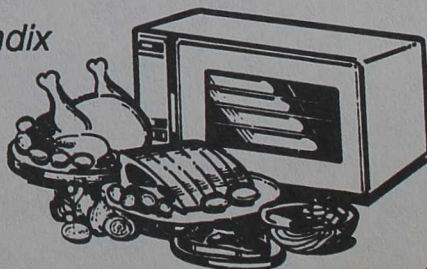
Place butter in a medium-sized shallow microwave dish and cook on High for 45 seconds. Add carrots and toss to coat. Microwave on High, covered, for 4 - 5 minutes, stirring twice during cooking. Add celery and mushrooms, stir to combine and microwave a further 4 - 5 minutes. Remember the vegetables should still be crisp. Stir well. Sprinkle with herbs and seasoning and parsley or cashew nuts.

VEGETABLE PIE

1 packet Country mix vegetables
3 tomatoes, chopped
3 onions, chopped
mixed herbs
2 Tablespoons Butter (or Margarine)
2 Tablespoons Flour
1 cup milk

Microwave vegetables in little salted water till tender but still crisp. Microwave tomatoes and onions till soft. Sprinkle with herbs and mix with drained vegetables. Spoon into casserole. Make white sauce with butter, flour & milk. Sprinkle cheese on top. Microwave on Medium till cheese melts.

Sandy Bendix



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Microwave Magic

FISH AND FETA PIE

Fish Filling

750 g kingclip, skinned, filleted and sliced
125 g smoked trout or salmon
1/4 cup dry white wine
2 tablespoons butter
2 tablespoons flour
1 cup milk
cooking liquid from the fish
100 g feta cheese, crumbled
1 teaspoon dried dill
salt and milled black pepper

Potato Topping

750 g potatoes, peeled and cubed
1/4 cup cream
1/4 cup milk
60 g butter
grated nutmeg
salt and milled black pepper
grated Parmesan
paprika
finely chopped parsley

To make the fish filling

Place the slices of fish around the edge of a round shallow heatproof glass dish. Pour over the wine. Cover with plastic film, pierce and microwave on High for five minutes or until opaque. Start checking after three minutes. Allow to stand for five minutes. Separate into large flakes and season very lightly.

To make the sauce

Microwave the butter in a heatproof bowl on High for one minute or until melted. Stir in the flour. Stir in the cooking liquid from the fish and the warmed milk. Microwave on High for seven minutes or until thickened, stirring at least twice. Stir in the dill and feta and season lightly to taste.

To make the potato topping

Place the peeled and cubed potatoes in a circle in a round heatproof dish. Pour over a quarter cup of water. Cover with plastic film, pierce, and microwave for 15 minutes or until tender. Heat the cream, milk and cut-up butter in a large bowl on High for two minutes. Mix together with the drained potatoes, seasoning and nutmeg. Mash together until smooth and fluffy. Check seasoning.

To assemble the pie

Mix the sauce with the large flakes of kingclip and smoked fish, thickly sliced. Check seasoning and turn into a 20-22 cm round pie dish. Top with the mashed potato. Dust with Parmesan cheese. Microwave on High for 10 minutes or until piping hot. Sprinkle with paprika and finely chopped parsley. Serves four to six.



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Microwave Magic

TROUT WITH ALMONDS

2 medium trout, gutted
50 ml lemon juice

50 g flaked almonds
25 g butter, melted

Place lemon juice, almonds and butter in dish and microwave on High for 2 minutes. Add trout and turn over to coat both sides. Cover dish and microwave on High for 5 minutes. Turn over half way during cooking. Garnish and serve.

Tye Katz

TANGY FISH

1 Kilo Kingclip
1 cup dry White Wine
fish spice
2 tablespoons Trim Mayonnaise

1 chopped onion
1½ tablespoons Sandwich Spread
Sliced mushrooms or grated cheese

Cover and poach fish in wine on medium power. Pour off liquid, retain 6 tablespoons and discard remainder. Sprinkle spice over fish. Mix retained fish liquid with mayonnaise, spread and onion. Pour over fish. Top with mushrooms or cheese and heat through.

SOYA CHICKEN

1 chicken, cut into portions
½ tin apricot jam (small size)
4 tablespoons soya sauce

Mix jam and soya sauce together. Season chicken pieces and pour sauce over. Cook for 20 minutes on High (Full power) or for 50 minutes on combination.

Stephanie Miller

HONEY CHICKEN

1 chicken, cut into portions
1 teaspoon garlic & onion salt
2 tablespoons cardin

1 teaspoon curry powder
¼ cup prepared mustard
½ cup honey

Place chicken pieces in microwave dish. Season. Melt all other ingredients on medium power. Pour over chicken pieces. Cook on High (Full power) in microwave dish for 20 minutes or 50 minutes on combination.

Stephanie Miller

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MERVYN JACOBSON*



Microwave Magic

NOODLE CHICKEN

1 chicken
2 chicken stock cubes
100 g noodles
100 ml mayonnaise

1 x 150 g tomato chips (or any other flavour)
400 ml white sauce
2 beaten eggs
parsley

Cook chicken with 2 chicken cubes dissolved in water for 10 minutes on High and 10 minutes on Medium. Debone and cube chicken. Cook noodles. Drain. Mix chicken, noodles, mayonnaise and half the packet of chips. Mix white sauce, eggs and parsley. Pour over the chicken and mix. Simmer for 10 minutes. Sprinkle rest of chips on top.

Cherie Sachar

EASY MICROWAVE CHICKEN

1 packet chicken pieces
1 packet brown onion soup
1/2 cup smooth Apricot Jam
1/2 cup mayonnaise

Coat chicken with brown onion soup and place in casserole dish. Mix mayonnaise and jam and spoon over chicken. Bake covered on High for 20 minutes.

COFFEE CHICKEN

1 chicken, cut into portions
garlic salt & black pepper
1 tablespoon coffee
3/4 cup water
1/3 cup tomato sauce

3 tablelspoon soya sauce
2 tablespoons lemon juice
1 tablespoon oil
2 tablespoons brown vinegar
1/4 cup brown sugar

Season chicken portions. Mix remaining ingredients and pour over chicken. Cook 20 minutes on High (Full power) or 50 minutes on combination.

Stephanie Miller

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Microwave Magic

BOOZY BANANAS

2 tablespoons butter
2 tablespoons soft brown sugar
freshly squeezed orange or lemon juice
(or sherry, Cointreau, Grand Marnier or
Whiskey)
4 bananas

Microwave together on High the butter and brown sugar. Stir. Pour liquid into butter and sugar mixture. Stir together. Slice bananas into halves and place in the mixture. Microwave on High for 1 1/2 - 2 minutes. Serve with slivered almonds sprinkled on top and ice-cream or with orange or pink grapefruit segments.

PEACH DELIGHT

1 x 840 g tin peach halves
1 packet Choc-Crust biscuits
Sherry
1 small packet marshmallows

Drain peaches. Pour juice in bottom of dish. Place peaches in dish and put one biscuit in each peach half. Pour about 1 teaspoon sherry on each biscuit. Cook on Roast for 5 minutes. Place one marshmallow on top. Cook for 1 minute.

Cherie Sachar

CHOCOLATE TART

1 pkt. Marie biscuits	10 ml castor sugar
125 g glazed cherries	30 ml golden syrup
1 tablespoon brandy	100 g plain chocolate, for icing
125 g margarine	Flakey chocolate for decorating
20 ml cocoa	

Crush biscuits and mix with quartered cherries. Microwave margarine, cocoa, syrup and sugar on High till melted. Stir in brandy then biscuit mixture. Press into pie dish and place in freezer for 1/2 an hour. Microwave chocolate until melted, pour over tart. Sprinkle with pieces of flaky chocolate.

Jill Rabie

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Microwave Magic

MOIST CHOCOLATE CAKE

100 ml golden syrup
100 g (90ml) brown sugar
100 g (100ml) butter (or margarine)
175 g (350ml) self-raising flour
50 g (140ml) cocoa
1 large egg, beaten
150 ml cream or milk

Topping
100 g cooking chocolate
100 ml cream, whipped
nuts to decorate

Cut a strip of greaseproof paper to line the base and each end of 23 cm loaf tin, or dish. Place syrup, brown sugar and butter in a large bowl and microwave on High 2 minutes. Add sieved flour and cocoa and mix well. Beat in egg and stir in cream. Pour into dish. Cook about 5 minutes on High. Rotate container after 2 minutes if oven does not have a turntable. Stand 5 minutes and then turn out. Break up chocolate, place in small bowl and microwave on High for about 1 minute. Spread melted chocolate over top of cool cake allowing to dribble over edges and sides. Decorate with nuts and cream.

FRUIT CAKE

500 g Rich fruit cake mix
250 g dates, chopped
130 g margarine (or butter)
250 ml sugar
250 ml water
5 ml Bicarbonate of Soda
500 ml flour
10 ml gravy powder

3 ml baking powder
2 ml allspice
2 ml ginger
1 ml salt
125 ml chopped nuts
2 eggs beaten
75 ml brandy

Boil cake mix, dates, margarine, sugar and water for 5 minutes on Full/High. Stir. Add Bicarbonate of soda to hot mixture, leave until cold. Mix dry ingredients together and add alternately with nuts and egg to fruit mixture. Pour batter into a greased and lined microwave cake plate. Cover with slitted glad wrap and cook for:

- (a) 20 mins. on Simmer/medium and
- (b) 20 mins. on DEFROST

Pour brandy over cake and let cool. Stand for few days to mature.

Richella Mallach

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Microwave Magic

GINGER PUDDING (OR CHOCOLATE)

125 g margarine

185 ml milk

185 ml brown sugar

1 cup flour

10 ml bicarbonate of soda

12,5 ml apricot jam

500 ml boiling water

185 ml white sugar

1 tablespoon ginger (or cocoa)

Using first six ingredients, make a soft batter. Pour into a microwave dish. Mix water, sugar and ginger (or cocoa) and pour over batter. Cover and microwave on High for 12 minutes. Do not stir at any time.

WHOLEWHEAT BREAD

3 cups Nutty Wheat flour

1 cup Huesli cereal

1 teaspoon salt

1 heaped teaspoon bicarbonate of soda

1 tablespoon honey

Mix all ingredients well together and spoon into oiled loaf tin. Microwave for 16 minutes on Medium and for 2 minutes on High.

LEMON MARMALADE

500 grams lemons

1½ cups water

3 cups sugar

Slice lemons and remove pips. Add the water and boil for 10 minutes on High, stirring every now and again. Add sugar and keep stirring for 18 minutes. Allow to stand for 5 minutes, bottle and seal when cold.

STRAWBERRY JAM

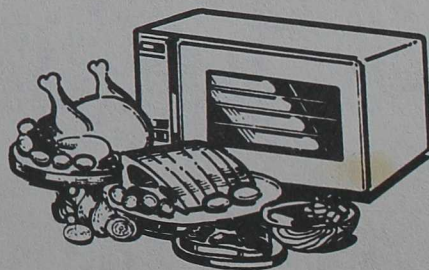
450 grams strawberries

450 grams sugar

Place strawberries in bowl and microwave on High for 5 minutes, uncovered. Add sugar, stir well and microwave on High for 12 - 15 minutes. Leave to cool for 30 minutes. Warm jam jars and fill with jam. Cover each jar loosely with cling film. Microwave each jar with cling film on High for 1 minute. Remove from microwave and cool.

Tye Katz

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Microwave Magic

DATE CRUNCHIES

1 x 250 g packet dates, cut up
125 g margarine
1/2 cup brown sugar
4 cups Rice Crispies
Coconut

Boil dates, margarine and brown sugar on High for 2 minutes. Stir. Boil another 2 minutes on High. Stir. Add Rice Crispies. Press flat on baking sheet. Sprinkle coconut on top. Cut when cool.

Cherie Sachar

LUNCH BAR BISCUITS

200 g (creamy or toffo-lux) toffees
60 ml water
100 g peanut butter
100 g Rice Crispies
100 g salted peanuts

Topping

85 g milk chocolate
50 g peanut butter
25 g margarine

Microwave on Medium setting the toffees, water and peanut butter in large bowl until melted (watch carefully). Mix well. Stir in Rice Crispies and peanuts. Press mixture evenly into a well greased 30 x 20 cm shallow dish. Place the Topping ingredients into a bowl and microwave until melted (watch carefully - burns easily). Mix and spread over Rice Crispies mixture. Cut into bars when cool.

Karen Jossel

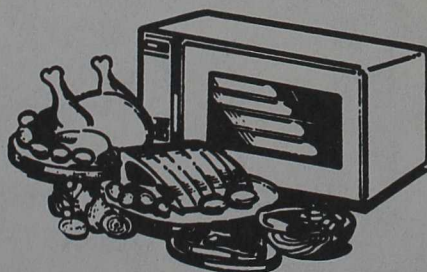
HOT MILK SPONGE

250 ml castor sugar
3 large eggs
37.5 ml butter
250 ml milk

500 ml flour
1 ml salt
15 ml baking powder
5 ml vanilla

Beat sugar and eggs till creamy. Melt butter in milk for 2 minutes. (Full Power). Add flour and salt to egg mixture and mix well. Add boiling milk and butter, mix well. Sprinkle baking powder over cake mixture. With wooden spoon mix baking powder well into cake mixture. Grease cake pan well and line bottom. Bake 7 - 8 minutes in large round ring mould. (Full Power).

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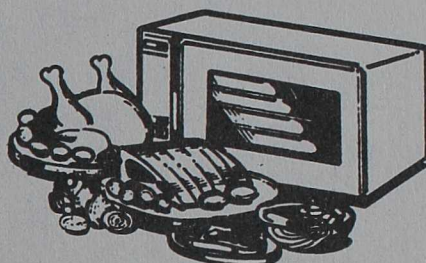
CHOCOLATE SAUCE

50 grams chocolate
25 grams butter
30 ml milk or water

Place chocolate and butter in bowl and microwave on High for 2 minutes. Add milk and stir well until smooth.

Tye Katz

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CARMEL



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Pesach

FANCY FRIED FISH

1 kilo stock fish
salted milk ($\frac{1}{2}$ teaspoon salt
to $\frac{1}{4}$ cup milk)
melted butter (1 tablespoon per
450 g fish)
matzo meal and cake meal mixed
together

2 sliced bananas sprinkled with
lemon juice
 $\frac{1}{2}$ cup split almonds
 $\frac{1}{2}$ cup cream

Wash and dry fish well. Dip into milk and then roll into matzo meal mixture. Place in buttered ovenware dish and sprinkle with melted butter. Cook in a very hot oven 400°C for about 10 minutes. Fry almonds in butter. Sprinkle between the fish. Now add sliced bananas and cream to fish and return the fish to the oven for a further 5 minutes till cream is hot. Serve immediately with a fresh green salad.

HERRING SALAD

3 herrings (soaked for 16 hours,
then washed well, skinned, filleted
and sliced)

2 onions
2 tomatoes
2 apples
2 cooked beetroot

2 home pickled cucumbers
homemade mayonnaise to bind
1 cup cream

Dice all the above ingredients, pour over cream and mayonnaise. Mix well. Serve with hard boiled egg wedges on lettuce leaves.

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Pesach

CARROT TZIMMES

2 kilos brisket
2 sliced potatoes (optional)
1 tablespoon honey or sugar

1 onion
4 bunches diced carrots

Boil brisket with onion until soft, add diced carrots. When nearly soft add potatoes. Remove brisket, place in roasting pan, add honey or sugar to carrot mixture. Pour over brisket and leave in oven to brown slowly.

SWEET AND SOUR TONGUE

Boiled pickled tongue, skinned
and cooled
1/2 litre water
1 finely diced onion
1 diced apple
6 prunes (stoned and cut up)
6 dried apricots (cut up)
2 diced tomatoes

juice of half a lemon
2 dessertspoons honey
1/2 teaspoon ginger
1/2 teaspoon salt
1/2 cup matzo meal
raisins or sultanas

Make a brown gravy by cooking all ingredients for 3/4 hour. Taste occasionally to see if sour enough. Slice cold tongue, not too thinly, and place in pyrex dish. Pour sauce over and simmer in moderate oven for 3/4 hour.

POULTRY STUFFING

1 cup matzo meal
1 egg
1 tablespoon chopped parsley

2 tablespoons chicken fat
3/4 cup water
salt, pepper and mixed herbs to taste

Combine all above ingredients and stuff chicken.

Phillipa Wener

SOUP MACAROONS

2 eggs
1/4 teaspoon sugar
pinch of salt

few walnuts, ground fine (optional)
1/2 teaspoon matzo meal

Add the matzo meal and walnuts to the egg yolks which have been beaten, add salt, sugar and lastly fold in stiffly beaten egg whites. Drop by teaspoonsful into boiling soup for 10 minutes.



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Pesach

LIQUIFRUIT PUDDING

- 1 packet kosher orange jelly
- 2 cups orange Liquifruit juice
- 1 box Orley Whip

Make jelly with 1 cup water and add 2 cups Liquifruit to jelly and bring to the boil. Cool. Add Orley Whip and place in fridge to set.

Patsy Marcow

BEOLAS

- 2 Tablespoons ground nuts
- 1 cup matzo meal
- 6 eggs well beaten
- Oil for frying
- Few drops orange essence
- Grated rind of one orange
- 3 Tablespoons honey

Mix the ground nuts with matzo meal and well beaten eggs. Drop spoonfuls of the mixture into hot oil and fry until golden. Drain on paper. Add orange essence and/or orange rind to the honey. Place a toothpick in each ball. Pour honey over balls.

QUATJADO DI VARNE

This Sepharidic meat pie is eaten after the Seder Meal

- | | |
|---|-------------------------------|
| 1 kilo mince meat | 3 Tablespoons chopped parsley |
| 3 Tablespoons olive oil | 3 sheets matzo |
| 6 eggs | Salt and pepper |
| 2 tomatoes, skinned, deseeded and chopped | |

Fry mince in oil, stirring constantly. Add tomatoes and water and cook 30 minutes. Cool. Soak matzot in water till soft, then squeeze slightly. Separate eggs. Mince meat, matzot, parsley, egg yolks, salt and pepper. Fold in stiffly beaten whites. Place meat into well oiled pyrex dish and bake at 180°C for 30 minutes. Serve with hard boiled eggs.

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Pesach

CHICKEN IN LIQUIFRUIT

Chicken thighs

1 packet Telma chicken soup

1 large apricot liquifruit

Sprinkle bottom of pyrex dish with soup. Place chicken in dish, pour more powdered soup on top. Pour liquifruit over so that it covers the chicken. Bake at 180°C for 2 hours.

GRATED POTATO KNEIDLACH

3 large raw potatoes

1 cup cooked mashed potatoes

2 eggs

2 Tablespoons shmaltz

1/2 teaspoon salt

Dash of pepper or cinnamon

1/2 cup matzo meal

1 Tablespoon onion juice

Peel and grate potatoes. Combine with the rest of the ingredients, mix thoroughly. The mixture should be firm enough to form into balls. More matzo meal may be added if necessary. Shape into balls the size of an unshelled walnut and drop into rapidly boiling salted water. Cook for about 1 hour over a moderate heat after the last ball is dropped in. Drain and serve with clear soup or as a dumpling in a stew.

CREAM PUFFS

1 cup boiling water

113 g (1/4 lb.) butter or margarine

4 large eggs

1 cup pesach cake meal or selfraising flour

cream

icing sugar

Boil together butter or margarine and water. Remove from stove. Add pesach cake meal or selfraising flour all at once, stir well. Replace on stove and mix until paste leaves the sides of the pot. Remove from stove and cool. Add eggs, one at a time, beating well after each addition until glazy. Drop heaped teaspoonsful on greased pan. Bake at 200°C for 1/2 an hour. Split and allow to cool - fill with whipped cream and dust with icing sugar.

Felicity Isserow



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Pesach

CARROT PUDDING

4 eggs (yolks & whites separated)
1½ cups grated carrots
1½ cups sugar
1 cup ground almonds

1 tablespoon wine
½ lemon, finely grated
2 heaped tablespoons selfraising flour
little potato flour

Beat sugar and yolks very well and add grated carrots. Add almonds, lemon, wine and fold in stiffly beaten egg whites plus the selfraising flour. Grease pie dish and sprinkle with potato flour - pour in batter. Bake for 1 hour at 160°C till brown. Can be served with a meat dish.

Felicity Isserow

SPEEDY KNEIDLACH

2 eggs, slightly beaten
2 tablespoons vegetable fat
8 tablespoons, (slightly rounded)
matzo meal
salt and cinnamon to taste

Mix eggs and fat, add matzo meal, salt and cinnamon. Roll into balls and put into boiling, salted water. Cook for approximately 20 minutes. Makes about 12. Recipe can be doubled.

MEAT BLINTZES

3 eggs
2 cups water
¾ cup potato flour
1 cup cake meal
pinch salt

Meat Filling

500 g cooked steak, or meat from soup
2 tablespoons fat
1 egg
2 small fried onions
salt and pepper to taste

Sift dry ingredients. Add to beaten eggs. Use water to make smooth batter. Grease pan (heated) lightly with fat, pour batter thinly to cover pan. When dry, turn out on board. Grease pan for each pancake.

Meat Filling

Mince meat and onions. Add remaining ingredients. Put small quantity of meat in each pancake. Fold over sides, roll up to form blintzes. Fry in chicken fat. Serve hot with soup.



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Pesach

DATE PUDDING

1 cup matzo meal

$\frac{3}{4}$ cup sugar

3 eggs separated and beaten

$\frac{1}{2}$ cup chopped nuts

250 gm dates cut and chopped fine

Mix sugar, matzo meal, yolks, nuts and dates. Beat egg whites until stiff and fold in. Turn into a well greased ovenproof dish. Place dish in a pan of water and bake at 180°C for 45 minutes. Serve with a fruit sauce.

NUTCRACKER SUITE

3 egg whites

1 cup sugar

12 matzo crackers

1 teaspoon vanilla

1 cup chopped pecans

250 ml cream

1 tablespoon sugar

nuts

chocolate flake

Beat egg whites until foamy. Continue beating, while adding the cup of sugar gradually, until stiff. Beat in the vanilla. Fold in the crushed crackers together with the chopped pecans. Place the mixture into a greased 23 cm pie dish and bake at 160°C for 35 minutes. Cool. Whip the cream with the tablespoon of sugar until stiff. Cover the meringue base with the cream and decorate with nuts and flake.

PASSOVER BISCUITS

250 g butter

1 $\frac{1}{2}$ cups cake flour

1 $\frac{1}{2}$ cups potato flour

1 cup sugar

3 eggs

1 teaspoon lemon juice

1 teaspoon brandy

Rub butter into flour and sugar. Beat in eggs one by one. Add rest of ingredients. Shape into rolls on greaseproof paper. Keep in refrigerator a couple of hours. (The longer the better). Cut into slices a $\frac{1}{4}$ inch thick. Press one side of biscuit into sugar. Bake on well-greased pan at 180°C until done.

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Pesach

CINNAMON BALLS

226 g ground almonds
340 g brown sugar
1 tablespoon cinnamon

little ground ginger
4 eggs less one egg white

Mix the almonds, sugar, cinnamon and ginger together and add beaten eggs. Keep one egg white unbeaten. Make into balls, dip in egg white, then in chopped almonds and bake in 150°C oven for 20-30 minutes.

DROP SCONES

2 eggs
1/2 cup milk or water
1/2 cup cake meal

1 teaspoonful sugar
1/4 teaspoon salt

Beat the eggs well and add the dry ingredients. Mix well and pour on to hot slightly greased griddle. When it bubbles turn and brown the other side. If a lighter scone is desired the egg whites may be beaten separately until stiff and folded in last.

MACAROONS

250 g coconut
250 g sugar

2 eggs
pinch salt

Mix all ingredients together. Using a wet egg-cup as a mould, place cupfuls on a greased baking sheet. Bake at 180°C for 15 minutes or till lightly browned.

Hazel Goldberg

APPLE CHARLOTTE

2 matzos
125 g butter chopped fine
2 cups apples, sliced fine
1/4 cup sugar

3 eggs, separated
2 tablespoons raisins
1 tablespoon almonds, blanched and
grated
1/4 teaspoon cinnamon

Soak matzos in water till soft. Squeeze dry. Add beaten egg yolks and rest of ingredients, keeping the beaten whites last. Pour into well-greased pudding dish and bake till golden brown, about 1 hour at 180°C.



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Pesach

ORANGE POMERANTZEN

Boil skins of 4 oranges till soft. Remove rind. Add 1 cup sugar to each orange and place skins and sugar in a saucepan, on low heat. Boil slowly until skins are transparent and sugar syrupy. Flatten skins and sandwich together with the rinds outside. Beat up the syrup with an egg beater till white and pour over skins. Cut into shapes.

CHEESE CAKE

1 cup matzo meal
1½ tablespoons butter
500 g cottage cheese
½ cup sweet cream

2 eggs
1 tablespoon potato flour
2 tablespoons raisins (optional)
½ cup sugar

Melt butter, add it to matzo meal. Pat very firmly into pyrex dish. Mash cheese till smooth. Add cream, egg yolks, potato flour, raisins and sugar. Beat egg whites until stiff and fold in very gently. Pour mixture on to crumbed base and bake in a moderate oven for 70 minutes.

CARAMEL PUDDING

6 eggs
½ cup sugar (100 g)
rind of 2 lemons
rind of 2 oranges
250 ml whipped cream

Caramel
½ cup sugar (100 g)
Garnish
whipped cream
chocolate

Dissolve the sugar for the caramel in a thick pan. Heat until golden. Pour the caramel into a warmed fireproof dish. Beat eggs and sugar until white and creamy. Add lemon and orange rind and the whipped cream. Pour mixture into prepared fireproof dish and cook for about 60 minutes in a 150°C oven in a pan of water. Let the pudding cool and turn it out onto a platter. Garnish with whipped cream and sprinkle with chocolate.

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Pesach

POTATO PUDDING (KUGEL)

4 large potatoes	2 teaspoons salt
2 eggs	1 tablespoon chicken fat
1½ tablespoons potato flour	pepper to taste

Grate the potatoes, and drain off the water. Beat the two eggs and add to the grated potatoes. Add the rest of the ingredients, mix well and pour into a well greased pyrex dish. Bake in moderate oven until golden brown. If desired add a tablespoon of sugar when mixing ingredients.

GREMSLACH

3 eggs	matzo meal
2 small glasses cold water	½ teaspoon salt
3 tablespoons chicken fat	½ teaspoon cinnamon

Beat eggs well, add water, fat, salt and cinnamon. Add enough matzo meal to make a rather loose mixture. Allow to stand in refrigerator for 2 hours and then form into flat rounds about the size of pancakes and fry in hot chicken fat until golden brown on both sides. Serve sprinkled with cinnamon and sugar or spread with syrup.

NUT CAKE

5 eggs	1 tablespoon brandy
1 tablespoon cake meal	200 g almonds, minced with skins on
1 teacup castor sugar	

Beat egg yolks and sugar till creamy. Add cake meal, 1 tablespoon brandy, then nuts. Lastly add stiffly beaten whites. Bake in moderate oven (160°C) for 30 minutes.

MATZO SPICE CAKE

3 tablespoons matzo meal or cake meal	6 tablespoons sugar
½ tablespoon cinnamon	½ tablespoon ground ginger
6 eggs	¼ tablespoon ground cloves

Beat egg yolks with sugar until thick and lemon coloured. Fold in dry ingredients, which have been sifted together 4 times. Beat the egg whites till stiff but not dry and fold lightly into mixture. Bake at 160°C until toothpick inserted in cake will come out dry. Time depends on the thickness of the cake.



This page is sponsored by RUTH & IVAN GOODMAN

Pesach

ALMOND CAKE

6 eggs

250 g ground almonds

1 dessertspoon brandy

1 teacup sugar (not quite full)

Beat yolks and sugar till creamy. Mix in almonds. Add brandy and fold in stiffly beaten whites. Bake in slow oven for about 1 hour. Tin must be well greased and also dusted with potato flour.

DATE MACAROONS

30 g dates

250 g unblanched almonds, cut into
thin strips lengthwise

2 egg whites

1 cup castor sugar

Beat the whites of two eggs stiffly and add the castor sugar. Beat well and then fold in the dates, which have been stoned and chopped finely, and the almonds. Drop with 2 forks in small portions on a greased tin and bake in oven at 160°C for 30 minutes.



This page is sponsored by SYBIL & ARNOLD CASTLE



We at Checkers have a comprehensive range of ingredients for the most creative of cooks, and up-to-date recipe books. However with my close association with the ladies of the Bnoth Zion, I have enlarged my bible of recipes and I am happy to share these "tried and tested" and my favourite recipes for the special occasion.

Anne Fainstein
Consumer Advisor, Checkers Sea Point

PINEAPPLE CHIFFON CAKE

1 large Chiffon Cake
1 tin crushed pineapple
1 pkt. vanilla pudding (regular)
750 ml cream

Place pineapple and pudding mix in saucepan over medium heat, stirring all the time until thick. Remove and cool. Add cream to mixture and mix well. Cut cake in half and hollow bottom layer and fill with half the mixture. Put layers back together and pour remaining mixture over the cake. Garnish with cherries. Refrigerate.

GINGER AND CHERRY BISCUITS

12 cherries cut
250 gr butter
1-1 $\frac{1}{4}$ cup sugar
pinch salt
6 big pieces ginger cut
2 tbs ginger syrup (from jar)
1 tsp baking powder
1 tsp ground ginger
2 $\frac{1}{2}$ cups flour

Melt butter and sugar. Stir. Let cool slightly. Add cut fruit. Add all dry ingredients. Bake 350°C for 30 mins. Pour Glacè Icing. Cut into squares.

Glacè: 125 gr icing sugar. Half lemon and little water.

SPICE BISCUITS

These are delicious when thinly sliced and crisp.

250 gr butter
1 cup castor sugar
 $\frac{1}{2}$ cup syrup
3 $\frac{1}{2}$ cups flour

1 tsp bicarbonate of soda
2 tsp cinnamon
2 tsp ground cloves
1 tsp ginger
125 gr blanched almonds

Cream butter, sugar, add syrup and spices. Cream well again. Add soda, almonds and flour. Knead with hands. Take pieces of dough and roll into long rolls and refrigerate overnight. Cut into thin slices and bake at 350°C till baked.

SAVOURY

FETTUCINI

1 tin cream of mushroom soup
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cup grated parmesan cheese
3 cups cooked HOT noodles
4 tbs butter or margarine

In large saucepan, stir soup till smooth. Blend in milk and cheese, stir now and then. JUST BEFORE SERVING, toss HOT noodles in with butter, combine with soup mixture. Serve with additional cheese. (Serves four.)

FRUITED VEAL CHOPS

3 tbs flour
 $\frac{1}{2}$ tsp salt and pepper
8 veal chops
6 tbs shortening/oil
 $\frac{1}{2}$ cup chicken stock
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ tsp ground cloves
 $\frac{2}{3}$ tbs orange marmalade
15 ozs tin of apricots

Combine flour, salt and pepper. Coat chops in flour mixture. Fry chops till brown. Mix spices with stock and add to chops.



ROLLED BREAST OF LAMB WITH RICE AND APRICOT STUFFING

Preparation and cooking: 1 hour, 30 minutes and overnight soaking.

Serves: 8

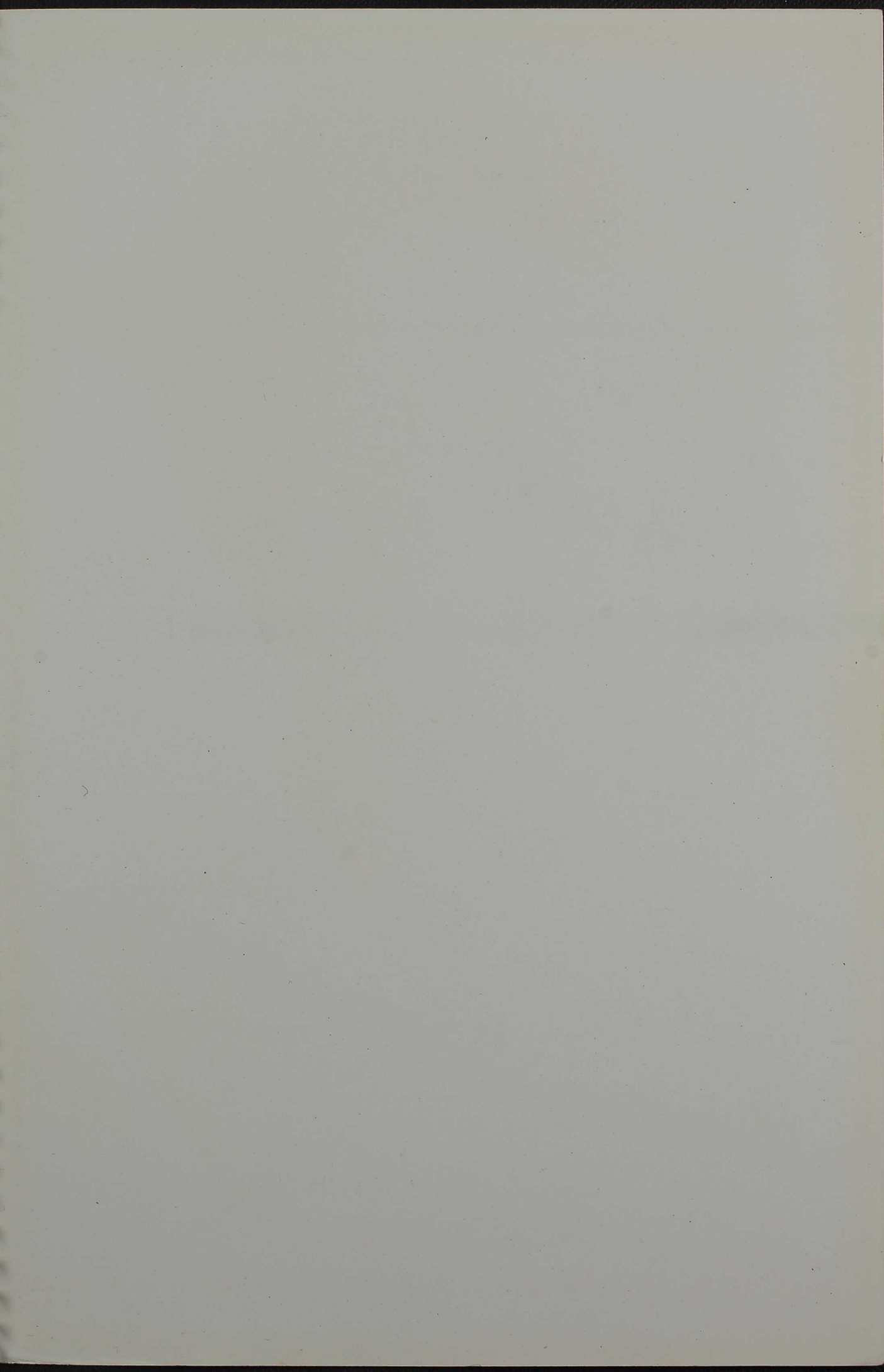
375 ml	(2½ cups)	Cooked Enriched Tastic Rice
250 ml	(1 cup)	Dried Apricots, soaked and chopped
50 ml	(4 Tbs)	Onion, chopped
30 ml	(3 tsp)	Parsley, chopped
5 ml	(1 tsp)	Dried Thyme
10 ml	(2 tsp)	Lemon rind, finely grated
1 — 2		Eggs, beaten
		Salt and pepper, to taste
2		Whole breasts of lamb, de-boned
		Oil for brushing

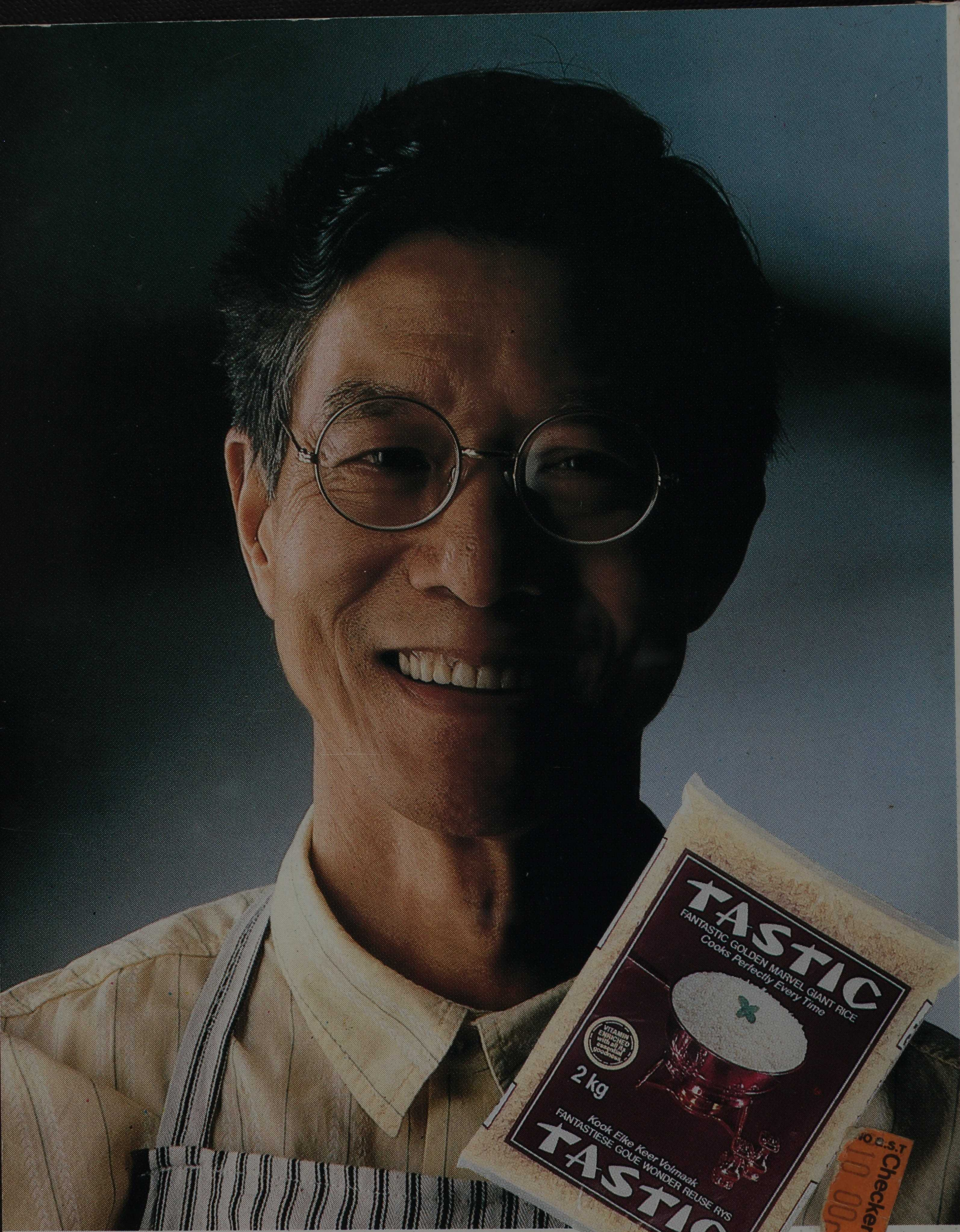
Soak apricots overnight, drain and chop.

Combine rice, apricots, onion, parsley, thyme and lemon rind in a bowl. Mix well, add enough egg to bind the mixture and season to taste. Lay breasts of lamb, skin sides down, on a flat surface and season with salt and pepper. Spread stuffing evenly over each breast, roll up neatly and secure with string. Place in a baking pan, brush all over with oil and roast at 190°C for about 1 hour 15 minutes. Carve into slices and serve with hot Tastic rice and a green vegetable.

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